



Motor Active 'Sports' Skills' Program

Motor Active 'Sports' Skills' is an exercise program designed for children 5 - 12 years of age who may find school Physical Education a challenge, or who lack the motivation to join in physical activities with their peers.

The 'Sports' Skills' program focuses on developing sports' skills, knowledge of game rules and human anatomy, and confidence and motivation in a physical activity environment.

It is an opportunity for children to engage in different sports and physical activities in a fun, non-threatening environment; away from the sometimes intimidating setting of school Physical Education or mainstream extra-curricula sports.



Who is best suited to this program?

This program is best suited to:

- children who have difficulty learning sports' skills in a school environment
- children with poor confidence and motivation around physical activities
- children who often choose to not participate in physical activities with their peers
- children who would like to further develop their sporting skills.

What are the key focuses?

The program focuses on developing and enhancing each child's:

- Sports' skills and knowledge of game rules
- Self-confidence in a physical activity and sporting environment
- Motivation to participate, and to have fun in a sporting environment
- Social interaction skills
- Gross motor skills
- Awareness of body, space, and effort in movement and knowledge of the human body.

What does the program include?

- 6 or 7 weekly sessions (per term), 60 minutes in length
- One-on-one instruction with an assigned instructor with expert knowledge in exercise science
- Individualised program introducing sports such as soccer, cricket, basketball, netball, volleyball, t-ball, and athletics
- Weekly home skill sheets individualised for each child's requirements
- Free adjacent parking at the University of Queensland, St Lucia

Cost: \$210 - \$245 per term

Motor Active Program

School of Human Movement and Nutrition Sciences
hmns.motoractive@uq.edu.au
hmns.uq.edu.au/motor-active
T: 0439 876 552



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