

LITTLE ATHLETICS SA TINY TOTS CENTRE PROGRAM PARENT INFORMATION SHEET

WHAT IS THE LITTLE ATHLETICS TINY TOTS CENTRE PROGRAM?

The Little Athletics Tiny Tots Centre Program is for children aged 3 - 5 years. The program encourages the development of Fundamental Movement Skills (FMS) necessary for the growth of sporting skills in athletics and other sports.

The program uses games and activities that are designed to develop four FMS's of running, walking, jumping, and throwing. This is achieved through a play-based learning approach that is engaging and stimulating to the child.

WHY IS THE PROGRAM IMPORTANT FOR YOUR CHILD?

Children are active learners and need to move to learn and by doing so, they learn to move with skill and enjoyment. At this stage of development, children learn best through play which is often spontaneous and unstructured but with appropriate encouragement, their skills can be developed at the same time.

WHY SHOULD I, AS THE PARENT, BE INVOLVED IN THE PROGRAM?

Being the parent of a child provides the opportunity to have a major influence on the child's development, some of which will only come to fruition in years to come. Being a part of your child's development is something parents want, as you do not want to miss out on being involved at this special time of their lives. Therefore, the Little Athletics Tiny Tots Centre Program is a great opportunity for you to help your child to develop and grow!

Through the program, parents are in a unique position to support and guide their children in developing a range of skills:

- **Physically**, by initiating games and activities which provide opportunities for purposeful play to develop movement skills and strategic thinking.
- **Cognitively**, through problem solving and through physical activity which spurs the development of new brain cells.
- **Socially**, through interaction with parents and other children where a child gains confidence and competence in communicating with others, taking turns and learning to share.

Adapted from SportStart, Developing your kid's skills at home, Peter H. Meaney, Australian Sports Commission, 1991

HOW DO I, AS THE PARENT, GET INVOLVED IN THE PROGRAM?

Each week, the Tiny Tots Coordinator(s) will invite parents to be involved in activities with their child. The Tiny Tots Coordinator(s) seek your active participation to enable your child to foster a passion for our great sport of Little Athletics and also as a launch pad into participation in a wide variety of sporting and recreational pursuits.

With your support and involvement as the parent, you will give your child every opportunity to "Be Their Best" and at Little Athletics, this is all you can ever ask for!

