



St Catherine's
SCHOOL | STIRLING

Learn to Play Sports Programs Rec –Year 2

St Catherine's Stirling will be offering a different **"Learn to Play Sports"** Program here on our school grounds every Term to help children get active, have fun and learn the skills they'll need to confidently participate in sports as adults.

All programs will run after school at St Catherine's for a six-week period at a duration of 1 hour with qualified Sports coaches.

This year the following programs will be offered:



Term 1 Tuesdays 3.10-4.10pm

Our SIMPLY TENNIS program is an ideal way to get your child involved in playing tennis and developing their hand-eye coordination! We provide a nurturing environment where your child can have FUN playing tennis games, without having to worry about making a mistake.

Children will play FUN games that incorporate fundamental movement skills, such as striking and balancing, that are essential when playing tennis. This program has been designed to teach children about the game and give them an opportunity to develop their tennis skills in a relaxed, friendly and professional environment.

Our coaches use a 'game sense' approach taken from the Tennis Australia curriculum as a guide to all activities they do with the children.

Term 2 Tuesdays 3.10-4.10pm



At SIMPLY NETBALL we believe in children being healthy and active. Our aim is to develop life-long netball players, whatever level that might be. This is achieved by teaching and equipping children with the basic, fundamental skills which will enable them to confidently participate in sports as adults.

We believe this to be an essential segue to leading a healthy lifestyle physically, emotionally and socially. Your child will learn Netball skills and techniques in a friendly, nurturing and inclusive environment. Our focus is on skill development, as skills are taught through FUN games.

Our sessions are an hour long. We focus on learning the skills for approximately the first 30 minutes and finish with a game, where these skills can be implemented.

Term 3 Tuesdays 3.10-4.10pm

Our SIMPLY BASKETBALL program is an ideal way to get your child involved in playing basketball! We provide a nurturing environment where your child can have FUN playing basketball games, without having to worry about making a mistake.

Children will play FUN games that incorporate fundamental basketball skills that can then be used in small basketball matches. This program has been designed to teach children about the game and give them an opportunity to develop their basketball skills in a relaxed, friendly and professional environment.

Our coaches use a 'game sense' approach taken from the Basketball Australia national player development curriculum as a guide to all activities they do with the children.

Term 4 Tuesdays 3.10-4.10pm



This popular program will continue again with our very own PE Teacher Mr D taking all sessions. Mr D has been running the program for the last 3 years at St Catherine's with students.

Children will learn the basic skills of Soccer in a fun and inclusive program that maximises touches on the ball and skill development. The program will introduce Soccer in a non-competitive setting and give children a well-rounded start in development.

Mr D is a former Soccer Professional and Senior Soccer Coach here in the SA Premier League. Mr De Giovanniello (Physical Education Teacher/Sports Coordinator)