



MULTISPORTS COACHING

MULTISPORTS PROGRAMME (8–11 YEARS)

TERM 1			
HALF TERM 1 – TEAM SPORT		HALF TERM 2 – INDIVIDUAL/PARTNER SPORT	
WEEK 1	DODGEBALL	WEEK 1	TRI–GOLF
WEEK 2	FOOTBALL	WEEK 2	TENNIS
WEEK 3	ROUNDERS	WEEK 3	ARCHERY
WEEK 4	HANDBALL	WEEK 4	TRACK & FIELD
WEEK 5	CRICKET	WEEK 5	ULTIMATE FRISBEE
WEEK 6	COMPETITION WEEK	WEEK 6	WIN & AWARDS WEEK
TERM 2			
HALF TERM 1 – TEAM SPORT		HALF TERM 2 – INDIVIDUAL/PARTNER SPORT	
WEEK 1	TAG RUGBY	WEEK 1	CURLING
WEEK 2	ATHLETICS	WEEK 2	CIRCUITS
WEEK 3	HOCKEY	WEEK 3	BADMINTON
WEEK 4	NETBALL	WEEK 4	BOULES
WEEK 5	BASKETBALL	WEEK 5	ORIENTEERING
WEEK 6	COMPETITION WEEK	WEEK 6	WIN & AWARDS WEEK
TERM 3			
HALF TERM 1 – TEAM SPORT		HALF TERM 2 – INDIVIDUAL/PARTNER SPORT	
WEEK 1	VOLLEYBALL	WEEK 1	ATHLETICS – JAVELIN
WEEK 2	LACROSSE	WEEK 2	ATHLETICS – LONG JUMP
WEEK 3	BASEBALL	WEEK 3	ATHLETICS – DISCUSS & SHOTPUT
WEEK 4	KWIK CRICKET	WEEK 4	ATHLETICS – RELAYS
WEEK 5	PICKLEBALL	WEEK 5	ATHLETICS – HIGH JUMP
WEEK 6	COMPETITION WEEK	WEEK 6	WIN & AWARDS WEEK
TEAM VS INDIVIDUAL SPORTS		COMPETITION & ACHIEVEMENT	
CHILDREN WILL WORK ON A RANGE OF TEAM & INDIVIDUAL SPORTS EVERY TERM. THIS WILL ALLOW THEM TO LEARN A HUGE RANGE OF SKILLS AND BE COMPETITIVE WITH THEMSELVES AS WELL AS OTHERS.		THROUGHOUT THE TERMS CHILDREN WILL COMPETE TO WIN VARIOUS CHALLENGES AS WELL AS EARNING THEIR BRONZE, SILVER & GOLD AWARDS THROUGHOUT THE YEAR.	

THE MULTISPORTS PROGRAMME GIVES ALL CHILDREN AN OPPORTUNITY TO GIVE LOTS OF SPORTS A GO!
TRY SOMETHING NEW WITH QUALIFIED COACHES IN AN ENJOYABLE ENVIRONMENT