

## TUGGERAH LAKES MINGARA LITTLE ATHLETICS – TINY TOTS

Welcome everybody to the 2015-16 season.

Tiny Tots is about FUN and PARTICIPATION!

The Tiny Tots weekly program is made up of suitable play training events, games and modified events relevant to the abilities of the Tiny Tot age group.

It is the teaching of basic running, jumping and throwing through a fundamental movement skills program which will give these youngsters the essential skills for developing all round athletic abilities.

All children are different and will grow and learn at different stages.

Firstly we have fun while participating in a variety of activities with the focus on skill development and individual improvement, not winning.

Learning to take turns, to share and to line up are important life skills which need to be continually practised.

With constant repetition and practise, it is hoped that the children will gain confidence as they enjoy learning new movement skills as well as being an active member of a group.

The games and activities we will be doing with the Tots are all done for a purpose. Our aim is to encourage Participation, Socialising, Physical Activity, Safety, Co-ordination, Taking Turns, Movement, Lining Up, Learning, Sharing.

We will be using modified sports equipment such as Balls, Hoops, Bean Bags, Parachute, Ropes, Mini Hurdles, Cones, Foam Eggs & Spoons, Coloured Spots.

As the season progresses the children will gradually improve with their movement and motor skills in running, jumping and throwing.

\*All children must have a parent or carer to assist and join in the fun each week.

\* Please note that NO PRAMS or TODDLERS are allowed inside the fence area. That is for Track and Field.

\*Only people who are helping are covered by insurance and allowed inside fenced area.

\*Please inform us if your child has Special Needs.

\*If you notice your child interfering with another child or misbehaving it would be appreciated if you would take action as it is not our job to discipline.

\* Lastly, we are volunteers who want to encourage interaction with all the children in a Happy and Safe environment.

\* Any queries please contact Mem Delaney on 0431837096 or [m.delaney1@bigpond.com](mailto:m.delaney1@bigpond.com) or [caitlin.delaney1@bigpond.com](mailto:caitlin.delaney1@bigpond.com)

Thanks for your Support.

Mem & Caitlin