



Promoting lifelong involvement in movement,
physical activity, sport and competition

Nursery School PE Classes





Brain Development

An astonishing amount of human brain development takes place during the first 6 years of a child's life. These early years are critical as your child learns an incredible number of skills that they'll need to function throughout the rest of their lives.



SK9 SPORTS Nursery PE classes have been designed to optimise your child's development in this period. Paul and Craig will provide a fun and flexible programme designed to nurture your child's coordination, communication skills and confidence.

The sessions are designed specifically for the needs of nursery school children. Classes are mixed, with one **qualified PE teacher** to every six children (3-5 years) or one **qualified PE teacher** to five children (2-3 years).



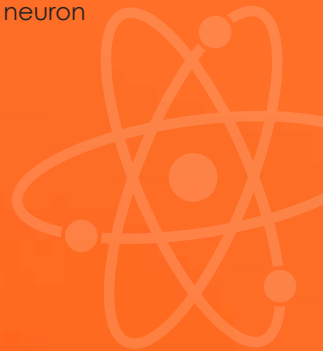


Science

At birth, your child already has almost all of the neurons they'll need for the rest of their lives, even though their brains are only 25% the size of an adult brain.

Early in your child's life, they will start to form synapses* at a faster rate than at any other time of life. They're actually producing many more than they need, and not all of them will make it to adulthood. This allows them to learn things more quickly than adults do.

*Synapses -structure that permits a neuron (or nerve cell) to pass an electrical or chemical signal to another neuron





Nature vs Nurture

What we understand about nature vs. nurture is that the genes fuel this mass synapse formation, while the environment fine tunes the brain and helps it make decisions about which pathways to keep and which to get rid of.

The more often a synapse is used, or the more often a skill or idea is practiced or heard, the stronger that synapse gets. This means that things that are used often, like movement patterns and coordination stay ingrained in a child's brain, while things that are neglected disappear.



'Neurons that fire together, wire together'



The Brain

There is more to physical education than just keeping your body fit; it also keeps your brain fit.



Researchers found that the brains of children who are considered to be 'fit' have a bigger hippocampus (the region of the brain connected to memory). These kids performed better on memory tests and activities than their less-fit peers.

The cognitive benefits of PE extend into classroom learning. Multiple studies have found an association between physical activity and increased concentration in school. Several studies have researched the link between physical education and cooperative learning. Children learn the importance of team-building and collaboration through physical group activities.

The reality is that active children also tend to perform better in subjects like reading and mathematics.





How physical activity affects brain activity

Neuro-motor development, or the brain learning to use the body can be defined as;

Gross motor skills - The ability to control large muscle groups develop first and will allow your child to be physically active.

Fine motor skills - The ability to execute fine-tuned movements will take longer to master, and involve learning to use motor activities and skills like the pincer grasp which will help your child develop their writing skills.

Hand, foot and eye coordination

- Involves the brain's use of information from the eyes in order to

guide the hands and feet. What comes naturally to us in this department can be hard for some children. These sensory and motor skills will improve as the brain becomes faster at receiving and processing sensory input. Movement becomes quicker and skills become more consistent. This can be improved with practice and the classes provide lots of fun opportunities.



SK9 SPORTS Nursery

School PE

classes provide opportunities for

children to learn the fundamental motor

skills which include:

Locomotor skills - Moving their bodies from place to place or project the body upward

- **Walking** - the process of alternately losing balance and recovering while moving forward or backward in an upright position
- **Running** - same as walking but at a faster rate with brief moments of flight when both feet are off the ground
- **Jumping** - a springing action leaving the ground with one or two feet and landing on two feet

- **Galloping** - a combination of a step and a run in which there is a lead leg and a trail leg (same leg stays in front) - forward direction
- **Sliding** - a combination of a step and a run in a sideways direction
- **Hopping** - a springing action leaving the ground with one foot and landing on the same foot
- **Leaping** - an extension of a run using greater force; leaving the ground with one foot and landing on the opposite foot
- **Skipping** - a combination of a step and a hop, alternating feet





Non Locomotor skills -
moving their bodies in place

- **Twisting** - the rotation of a selected body part around its long axis
- **Bending** - moving a joint
- **Swaying** - fluidly and gradually shifting the centre of gravity from one body part to another
- **Stretching** - moving body parts away from the centre of gravity
- **Turning** - rotating the body along the long axis
- **Swinging** - rhythmical, smooth motion of a body part resembling a pendulum

Manipulative - moving or using an object

- **Throwing** - propelling an object away from the body using your hands
- **Catching** - receiving and controlling an object using the body or its parts
- **Striking** - making contact with an object using another object
- **Kicking** - making contact with an object using your feet
- **Dribbling** - the skill of striking an object multiple times in a row (using hands or feet)
- **Volleying** - making contact with an object using body parts
- **Punting** - the skill of kicking an object that has been released from the hands, while it is still in the air



Playing Sport

While our classes use generic exercises, providing the basis for your child to enjoy playing sport can be extremely beneficial. Children who do so at school tend to go on to have higher status careers than those who don't. One study even showed that 81% of female business executives played team sports as girls. Experts are still debating the reasons why, but playing sport at school certainly seems to contribute to later success.



Development of Logical Reasoning

The classes delivered by experienced professionals encourage development in logic and reasoning, specifically in areas such as:

- Counting
- Noticing Similarities and Differences
- Sensory Activities
- Problem solving
- Memory development
- Emotional development
- Language





What is the best way to contact SK9 SPORTS?

Email: paul@sk9sports.co.uk or craig@sk9sports.co.uk
Address: 72 Knutsford Road, Alderley Edge, Cheshire, SK9 7SF
Tel: 07701 080 978

How much are the classes?

The classes are £15 a session and the programme runs for 6 weeks. Children can drop in and out of the sessions if agreed in advance. However, it is recommended that they attend the full programme to gain maximum benefits.

How long are the classes?

Classes are 60mins, unless specified otherwise.

What is the maximum class size?

12 children for 3 – 5 years and 10 children for 2 – 3 years, with both Craig and Paul delivering.
6 children for 3-5 years and 5 children for 2-3 years with either Paul or Craig delivering.

Am able to stay and watch my child?

Whilst we strongly encourage 'drop off' for our classes, parents/carers are welcomed to stay if they wish. Please contact us prior to the

commencement of the class you wish to stay. It is essential that we are aware of the adult who is picking up your child.

Do we need to complete a medical form?

Yes. Every parent/carer will have to complete a short registration form before the commencement of their child's first class. Any allergies or other medical conditions should be listed here. It is then up to the parent/carer to keep **SK9 SPORTS** up to date with any changes.

My child has learning difficulties and/or requires extra attention. Are they still able to attend the classes?

The instructor to child ratios are set to accommodate some inevitable disparity in ability within the class. Please don't hesitate to get in touch to discuss any particular concerns.

Which adults will my Child be interacting with?

Craig and Paul are knowledgeable PE teachers, with over 25 years experience in enabling young people to achieve their potential. They will be leading the classes with help from the Terra Nova Sports Graduates.

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Meet the Coaches



Paul Grattage



Craig Malbon

SK9 Sports are a bespoke, high quality, sports education company that offers a service unlike any other in the Cheshire area.

Paul and Craig have experience as Directors of Sports at leading Independent schools in Cheshire.

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