

Summary of how C4F Tiny Tekkers promote [HEALTHY](#) Children through Sport

- C4F Tiny Tekkers provide physical education & sports lessons to children of all abilities between the ages of 2-5 year olds.
- Lessons are rewarding, with children exercising & learning whilst having fun.
- Our sessions are taught by professionally recognised qualified staff.
- For younger children our teaching programme is designed to build confidence & awareness during sporting activity.
- For older children the teaching programme also incorporates specific skill acquisition and exercises that help their physical & psychological development.
- All lessons that C4F Tiny Tekkers provide have one aim: to make sport fun and enjoyable, which then translates into a healthier happy child.

Benefits to children's development

Each C4F Tiny Tekkers session is specifically designed to aid children's development in the following ways:

- ABC's – agility, balance and co-ordination. Your child will learn to understand their body and become used to performing different controlled movements.
- Dexterity – your child will develop skills to perform tasks, especially with their hands i.e. throwing and catching skills.
- Sensory Development – your child will not only learn physical movements but our sessions incorporate visual, sound and touch stimulation.
- Social Development – your child will learn how to socialise with their peers and adults, having the chance to describe what they have learnt, work independently and also as part of a group.

Tel: 07581 798 044

Web: www.concept4football.co.uk

Email: bill@concept4football.co.uk / info@concept4football.co.uk

OUR PHILOSOPHY

- To make every Physical Education and Sport session fun and enjoyable.
- To show every child we work with they are an individual who deserves respect & understanding, whatever their ability, race, disability or religion.
- To put the involvement in Sport before competitiveness.
- To use our sessions to develop confidence and self-belief within each child through sport.
- All lessons are carried out to the highest level of expertise.
- Staff members act as role models for all children.
- C4F Tiny Tekkers strive to instil the promotion of self-development, both physically and psychologically to all.
- By making Sport fun at an early age, participants can continue to enjoy sport as they grow, and therefore maintain a healthier & happier lifestyle.

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What we Teach & How we Teach

Each week C4F Tiny Tekkers teach a different sport, these sports include:

Football, Rugby, Hockey, Tennis, Athletics, Basketball, Cricket, Badminton, Baseball, Hoop Games, Target Games, Basic Ball Skills

And many more.....

- A C4F Tiny Tekkers lesson is structured and lasts for 30 minutes to maximise concentration levels. (A typical lesson plan can be seen on the following page).
- A fun warm up and warm down game is included to start & finish each lesson.
- The price of a C4F Tiny Tekkers lesson is £3.50 per child (parent paid) or £30+vat per session invoiced.
- We are happy to provide feedback on your child's progress on request.
- Suitable clothing & footwear should be worn during the lesson to coincide with our Health & Safety policy.
- Each session is taught by a qualified sports coach.
- Every coach used by C4F Tiny Tekkers is vetted by the police, DBS registered & trained in first aid.
- Any complaints or concerns can be raised with the coach at any time.
- C4F Tiny Tekkers require a member of the nursery staff to be present at all time.
- Coaches will attend Parents Evenings, Open Days & Sports Days on request.

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A TYPICAL LESSON PLAN

A C4F Tiny Tekkers lesson is typically made up of 3 parts

- The warm up
- The main activities
- The warm down

A typical lesson plan is shown below



The warm up game:

- Each child will receive their own football; we will talk about the colours of the football, the shape of the football & what the football feels like.
- **'Bodyparts'** the children will place the ball under their arm, on command they will run around until the coach shouts out a body part eg 'head'. The children will then try to touch the football on their head as quickly as they can.

The Lesson Structure:

- The children will start by walking with their football at their feet, following the coach and taking small touches with their feet.
- The children will then start moving more freely and will listen for the coaches command e.g. foot on the ball. Coach will continue to call out different body parts with children stopping the ball with their feet before placing the body part on the ball.
- The children will be encouraged to use both the left and right side of their body to control the ball.

The warm down game:

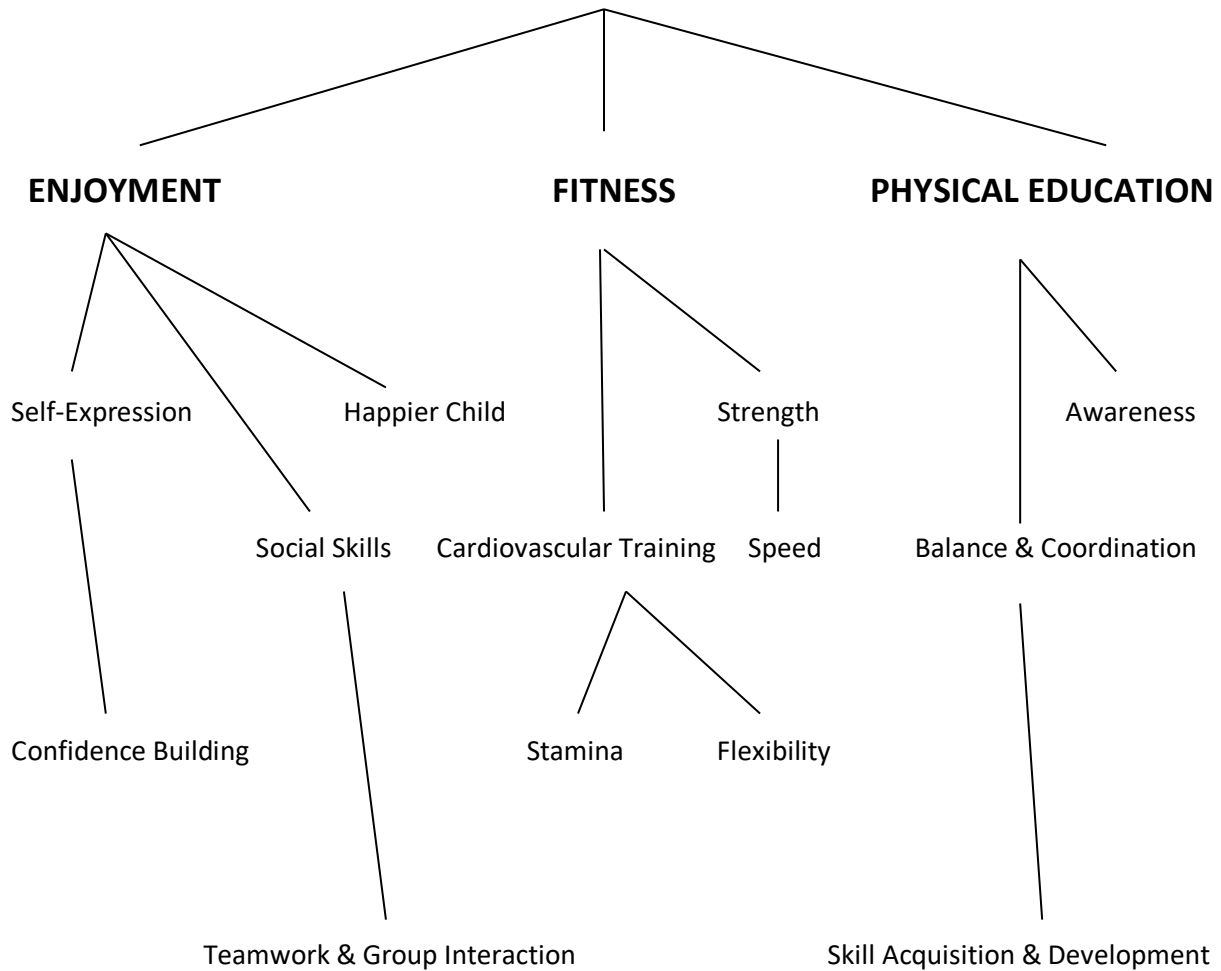
The children will be divided into two teams (e.g. the **'Red'** team & the **'Blue'** team); they will stand in a line with the coach standing in between the two teams. The coach will have two footballs in their hands (red & blue). When the coach throws the two balls, the first child from the 'blue' team & the first child from the 'red' team will attempt to retrieve their teams ball & score in the goal set out in front of them. This will continue until each child has had a turn.

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The diverse benefits of sport for children



This diagram above illustrates the diverse benefits and effects that can be seen in a child through the involvement in sport. These benefits fundamentally lead to a healthier & happier child.

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What's Next????

Here at C4F Tiny Tekkers, we understand that not every child will grow up wanting to play every sport. We aim to give them a small taster in to a variety of sports and let them make their minds up as they grow and develop. Up on leaving nursery and moving on to Primary School, if your child has a particular interest in a certain sports, we have contacts in various local clubs in each sport and will be happy to pass this information on, so your child can continue learning their favourite sport and developing their skills.

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