



DINKIES

A Sport Programme for Children

The **DINKIES** programme is specifically designed for 4 and 5 year olds and is perfect for children just starting school. Using a series of structured lessons, your child is given the opportunity to practice skills which will develop their confidence to begin the exciting journey into sport participation.

In this stage children begin the process of reaching the "mature stage" of movement development. They are ready to cope with putting the foundation skills together and ready to tackle more advanced skills.

Our **DINKIES** programme develops a wide variety of ball skills, places an emphasis on individual participation, and gives the necessary confidence to overcome any fears or anxieties about playing sport.

THE MAIN EMPHASIS OF THE PROGRAMME IS:

- The continued development of the "foundation" skills component of the popular sports played at school
- The introduction of when, where and how to move in the execution of a skill
- Confidence to participate in sporting activities and games
- Social integration with other children
- Development of concentration and listening skills through organised activities
- Continued development of your child's enjoyment of sport

