

ATHLETIC DEVELOPMENT PROGRAMME

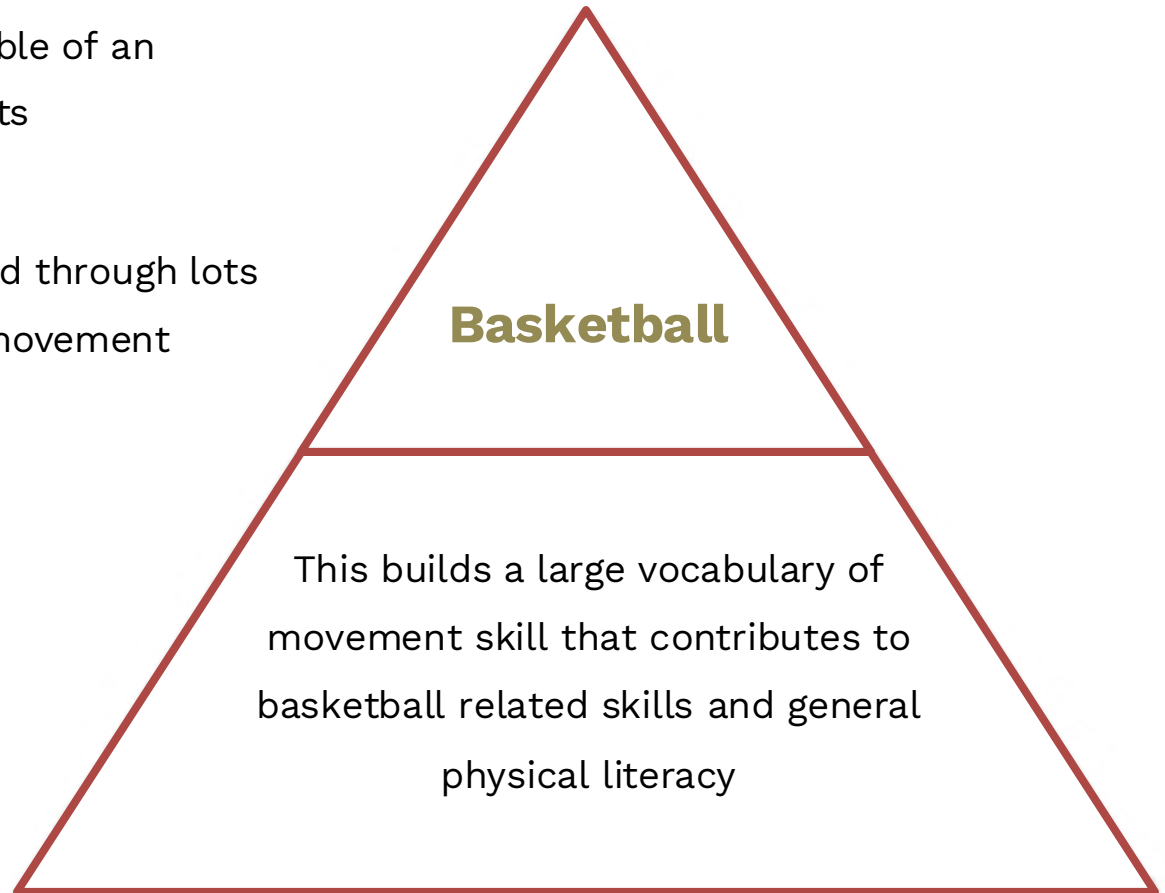
Under 10s



Aim:

To Develop a broad base of movement

- Young children are capable of an abundance of movements
- This should be harnessed through lots of exposure to diverse movement challenges



Fundamental Principles

- **Fun**
- **Challenging**
- **Diverse**



Movement Challenges

- Get Up/Get Down
- Crawl
- Pick Up/Put Down
- Balance
- Navigate (Obstacles)
- Jumping & Landing

[CLICK HERE FOR VIDEO LINK](#)



When & how much?

- 1-2 times daily
- 20 minutes duration or for as long as the content remains fun*

*make every challenge different to the last. Add new rules to a challenge so that it is ever changing



**Want more fun
content for
under 10s?**

[CLICK HERE](#)

