



FUNdamentals

Where:

NSCC Truro Campus Gymnasium

When:

Wednesday's from 6-7pm

Program Duration:

10 Weeks

Ages:

6 & up

How Do I Register:

Contact:

Richard Haines

By email at:

speolycobequid@bellaliant.net

or

By phone at:

902-986-0959

*Need More
Information
Or
Would You Like To
Volunteer?*

Contact:

Nattie & Nigel Gerroir

Program Coordinators

By email at:

nattieturner@yahoo.com

Or

By phone at:

902-789-1378

902-890-9474

Or

Website:

www.specolycobequid.com



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***Special
Olympics
Nova Scotia***

Presents



FUNdamentals

About Special Olympics

Special Olympics Canada is dedicated to enriching the lives of Canadians with an intellectual disability through sport. It is a national, not-for-profit organization that provides training and competition opportunities to more than 34,000 athletes of all ages and abilities through local sport clubs. Special Olympics Canada also benefits from an extensive network of more than 16,000 volunteers, including 13,000 trained coaches.

For more information, please visit www.specialolympics.ca



What is FUNdamentals?

FUNdamentals is a stage where the participant learns physical literacy. The primary emphasis within this stage is to expand the movement skills to ensure the participant can perform a number of the skills identified as "FUNdamentals". The more fundamental motor skills that the participant is able to do, the more activities and sports he or she will be able to play, with confidence. The program is structured and fun!

FUNdamentals

Benefits for EVERYONE!

PARENTS

The FUNdamentals program educates parents about the value of sport in their child's life.

Participation in this program expands networks and support systems.

PARTICIPANTS

Children and young adults work on improving basic motor skills, such as: walking, running, jumping and balancing while learning the fundamentals of sports such as: baseball, basketball & soccer.

Healthy exercise warmups and snacks will be discussed.

The program provides opportunities for participants to develop physical, cognitive and social skills while having FUN!

Our goal is for participants to gain knowledge and a basic skill set in a variety of sports and activities while interacting positively among their peers. In addition, we focus on having fun, building self-esteem and having all participants feeling a sense of inclusion.

What can you expect...

FUN!

The sessions offer children and young adults an excellent opportunity to improve social and cognitive abilities to prepare them for successful participation in future athletic endeavors and in everyday activities. Participants will be engaged in a variety of activities while learning the fundamentals of different sports as well as learning how to make healthy choices regarding snacks and exercise.

FUNdamentals is the second stage of the Long Term Athlete Development Program (LTAD), which falls under Sport Canada's Canadian Sport for Life Initiative (CS4L). With the ultimate aim of promoting fitness, physical literacy, and well-being, the FUNdamentals component is driven by tenets of human growth and development of the 0 to 6 age group.

Sessions are facilitated by trained coaches and take place in a safe environment.

Parent and caregiver involvement is encouraged while we get to know everyone.

We ask that all participants bring their water bottles to each session.

