Dear Parents,

Starting in Term 2, the Foundation children will participate in a program called the Foundation Sport Program. The focus of the program is on the development of Fundamental Motor Skills, which are part of a movement continuum that begins before birth and continues throughout life. With continual practice, instruction and modeling young children begin to refine these fundamental motor skills. Children who master fundamental motor skills in the early primary years will be more likely to be active and enjoy a range of recreational and sporting activities throughout their future life.

Fundamental motor skills are movements that have specific observable patterns. They include:
- **Locomotor** skills such as running, jumping, hopping, galloping, rolling, leaping and dodging;
- **Manipulative** skills such as throwing, catching, kicking, striking and trapping
- **Stability** skills such as balance, twisting, turning and bending.

It is also expected that the students will improve with a number of other developmental areas throughout the program, including: communication skills, processing skills, social skills, confidence and directionality.

At least 3 parents are required each week to ensure the successful implementation of the program. **NO SPECIAL SKILLS ARE NECESSARY!** Parent helpers will help by supervising small groups of children as they work through a range of activity stations. The activities are simple and organised by the Phys Ed Coordinator.

The F.S.P Program will operate on a 3 week cycle, with each class attending 2 sessions over every 3 week period. The program will take place on most Thursday afternoons from 2:00pm – 3:30pm, commencing on **Thursday 23rd April** and finishing mid Term 4. Parents who are rostered on for a particular week will assist with the sessions of both classes.

If you are interested in participating, please return the slip below to your child’s teacher by **Friday 13th March**. Please be mindful that there is most certainly no expectation for you to help ‘every’ Thursday. Whatever assistance you can offer, is of value. Feel free to specify which Thursday’s you are or aren’t available. A roster will be issued out prior to the school holidays.

Please don’t hesitate to contact the Foundation Teachers or myself if you have any questions.

Scott Clarke
**Sports Coodinator**

Kaye Wheeler
Abbey McCauley
Ellen Casey
**Foundation Teachers**

* Please retain this section of the notice
Child's name ___________________________  Grade ________________

I, ________________________________, am able to assist with F.S.P. Program from 2:00pm – 3:30pm on Thursday afternoons. I can be contacted by phone on ________________

Signed ____________________________

PLEASE LIST ANY PARTICULAR DATES YOU ARE UNABLE TO ASSIST OR ANY OTHER RELEVANT INFO. THANKS.