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: directionality, processing skills, communication skills.

At least 4 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 children will participate in the program each fortnight, on a rotational basis (i.e. two groups each week). Although they won’t be involved in the program every week, the children will experience an ‘extended’ session, when they do attend. The program will take place on most Monday afternoons from 2:00pm – 3:30pm, commencing on Monday 18th April and finishing mid Term 4.

If you are interested in supporting us with the program, please return the slip below to your child’s teacher by **Monday 14th March**. Please be mindful that there is most certainly no expectation for you to help ‘every’ Monday. 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 Coordinator
Kaye Wheeler
Siobhan Judge
Nicole Buchanan
Jennifer Rennie
Foundation Teachers

* Please retain this section of the notice
Child's name __________________________  Grade __________________

I, ____________________________, am able to assist with the F.S.P. Program from 2:00pm – 3:30pm on Monday 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.