



WHAT IS LITTLE NETTYS?

Little Nettys is a comprehensive fundamental motor skills program designed specifically for children aged three and four years. It offers a structured approach to enhancing physical and social well-being, utilising the principles of play-based learning and incorporating elements of Netball to diversify the experiences for young participants.

3-4 AGE GROUP

5 LEARNING PILLARS

10 WEEK PROGRAM

CONSISTENT PROGRAM

Little Nettys consists of 10 sessions, each lasting one hour, with one session held per week. This structured approach allows for consistent progression and skill development over the course of the program.

DEVELOPING CONFIDENCE IN EARLY YEARS

The primary objective of Little Nettys is to address the developmental needs of children in their early years by providing a supportive environment where they can build confidence, develop a sense of self, and improve fundamental motor skills crucial for their overall growth and development.

FOSTERING FOUNDATIONAL SKILLS

Through a series of engaging and age-appropriate sessions, Little Nettys aims to:

- Enhance fundamental motor skills and physical competence.
- Foster confidence, self-esteem, and a positive attitude towards physical activity.
- Provide opportunities for social interaction, teamwork, and cooperation.
- Introduce children to the basic skills and equipment used in Netball, laying a foundation for future participation in the sport.

