



< 6 YEARS



ACTIVE START

6-9 YEARS



FUNDAMENTALS

9-12 YEARS



LEARNING  
TO TRAIN

12-14 YEARS



TRAINING  
TO TRAIN

14-18 YEARS



TRAINING  
TO COMPETE

>18 YEARS



TRAINING TO  
WIN

>21 YEARS



ACTIVE FOR  
LIFE

## KIDS DEVELOPMENT

### LONG TERM ATHLETIC DEVELOPMENT

Every child is an individual. They grow and develop physical skills and abilities at a different pace. Providing opportunities for active play allows your child to continue to grow and develop at their own speed. It is important to promote a healthy mind in a healthy body, and to limit each child's sedentary behaviour, regardless of the amount of physical activity they do. Long term athletic development assists in optimal training, preparing for competitive sports, and recovery throughout an athlete's career. These are key elements that contribute to the growth and the development of a child.

### PHYSICAL LITERACY

The foundation of Physical Literacy is fundamental movement and sport skills. A physically literate individual has the opportunity to choose from a wide variety of activities in order for the child to develop the correct attitude to commit to focused training. Children who are not physically literate withdraw themselves from certain sports which limits their choice of physical activity as they grow older. Such individuals tend to be physically inactive as adults.



### HOW CAN WE MAKE A DIFFERENCE?

We implement programs to improve a child's physical literacy to enable them to become active for life. The Age-Related Exercise Prescription | Joint Primary Training Needs | 7 Primal Movement Patterns