



INVITATIONAL B PHYSICAL SYLLABUS

BOYS AND GIRLS

TO DEVELOP CONDITIONING AND SKILLS THROUGH MOVEMENT AND FUNDAMENTAL MOTOR SKILLS.

PRIORITY 1

1.1 Coordination skills:

- 1.1.1 Skip rope using different kinds of footwork.
- 1.1.2 Throw with one or two hands using different kinds of throws.
- 1.1.3 Adapt to changing rhythms.
- 1.1.4 Maintain balance in different situations (playing other sports than tennis).
- 1.1.5 Perform multi-tasks at the same time.

1.2 Speed and agility (playing other sports than tennis)

To be able to:

- 1.2.1 React quickly to multiple signals.
- 1.2.2 Have good multi-directional running techniques.

1.3 Decision making skills (playing other sports than tennis)

The child should further develop:

- 1.3.1 Reaction speed under difficult conditions.
- 1.3.2 Time-space analysis under difficult conditions.
- 1.3.3 Coordination (in the form of timed contests/games or competition context) under difficult conditions (playing other sports than tennis).

PRIORITY 2

2.1 Flexibility:

- 2.1.1 Working on the basics of flexibility using global postures.

PRIORITY 3

3.1 Strength (playing other sports than tennis)

- 3.1.1 Strength-endurance exercises without additional load (body weight).
- 3.1.2 Core stability is introduced.



INVITATIONAL B PHYSICAL SYLLABUS

BOYS AND GIRLS

TO DEVELOP CONDITIONING AND SKILLS THROUGH MOVEMENT AND FUNDAMENTAL MOTOR SKILLS.

3.2 Endurance (playing other sports than tennis)

To be able to:

3.2.1 Run 15 to 25 min.

3.2.2 Skip rope from 1 to 3 minutes non-stop.

3.3 Pre-habilitation

3.3.1 Introduction to injury prevention (S.A.M. principle) to strengthen deep muscles.