

# ALL STARS Sports Skills Group

For Gross Motor Development

**Is your child clumsy? Does your child have difficulty with balance, throwing and catching?**

Many children experience difficulty learning to co-ordinate their gross motor skills. This can impact their ability to confidently participate in sporting activities and games with their peers.

Skills Group has been developed by our Physiotherapist to assist primary school-aged children practice their gross motor skills in a fun and motivating environment, helping them to:

- Develop overall strength and flexibility,
- Progress their balance, agility and co-ordination
- Learn body awareness
- Improve their ability to run, jump, throw and catch
- Engage in physical activities with peers in a non-competitive manner

23<sup>rd</sup>, 27<sup>th</sup> 30<sup>th</sup> Sept  
4<sup>th</sup> October  
1:00-2:00pm

Can be claimed through health funds

