

ETKO EARLY YEARS

Our ETKO Early Years Programme has been created for children aged approximately 3 months - 6 years¹, as follows:

ETKO Gym Babies

(3-18 months with parent/carer)



ETKO Gym Tots

(18months - 3 years with parent/carer)



ETKO Gym Kids

(3-5 years)



Bronze Gymnastics / Mighty Movers

(P1)

All of our early years sessions are built around ETKO Sports Academy's unique Fundamental Movement & Basic Sports Skills programme©.

If children want to participate in a wide range of physical activities, we recommend that they master the fundamental movement skills by the age of eight.

We believe that starting this process in the early years is not merely advisable but essential.



Our carefully structured classes mean that we are helping children develop skills in three key areas: **physical, emotional and social**. Our sessions have up to 15 minutes of instructor-led activities at the start - this may include circle time, registration, warm-up songs and games. Additional time is then spent introducing equipment and exploring the gymnasium, with instructor-led time on the different apparatus and circuits. Groups come back together at the end of each session for cool down.

Emotional

- Listening
- Turn taking
- Following simple safety rules

Physical

- Fundamental movement skills
- Co-ordination and balance
- Endurance, bone strength and muscle

Social

- Mixing with peers
- Meeting other adults
- Bonding with parent/carer



CHILDREN UNDER 5 SHOULD AIM FOR 3 HOURS PHYSICAL ACTIVITY ACROSS EVERYDAY!

NHS guidelines state that children under 5 who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day. These 180 minutes can include light and energetic activity; energetic activity refers to organised activities such as our ETKO Early Years Programme.



DID YOU KNOW? CHILDREN UNDER 5 SHOULD PARTICIPATE IN **30 MINUTES** OF **ADULT-LED** PHYSICAL ACTIVITY PER DAY.²

¹ All age references are for guidance only. Progression to the next stage of our programme is based on each child's ability and readiness.

² National Association for Sports and Physical Education (NASPE) recommendation