



SCHOOL SPORTS PROGRAMS

Young Athletes offers 3 signature programs as well as a comprehensive selection of sport-specific offerings (listed below). Our programs cater to all age groups, from primary to high school, ensuring each session is thoughtfully customised to meet the unique requirements of the participants. All programs are aligned with the school curriculum, encompassing almost all physical outcomes alongside many outcomes from other PDHPE strands.

All sport-specific programs follow similar structures (details below). Our signature programs are all sport and fitness based, each tailored to emphasise distinct characteristics that foster skill development and physical well-being (details below).

We recommend booking programs for a minimum of 4 weeks to make the most of learning each sport. Schools also have the flexibility to book programs for up to an entire term, with our programs designed to ensure ongoing engagement without monotony.

Young Athletes accepts Sporting Schools grant funding for all sport-specific programs, providing schools with the opportunity to access entirely free sports programs. Programs may be booked for just one session per day, or take advantage of bulk pricing by booking multiple classes per day to make the most out of your grants.

| Program | Rec. Weeks | Primary | High | SS Grants | Description | Skills Covered |
|---------------------------------|------------|---------|------|-----------|---|---|
| The Young Athlete | 4-10 | K-6 | 7-10 | | Students develop and refine skills essential for athletes across a variety of sports. While not focused on sport-specific rules, the program does incorporate equipment from various sports enhance overall skill development. Healthy competition is encouraged throughout, with activities balanced between individual and team-based challenges. | Running, agility, reaction time, hand-eye coordination, throwing, catching, striking/batting, kicking |
| The Young Mastermind | 4-10 | 3-6 | 7-8 | | This program features fitness activities that challenge students to engage their minds and apply problem-solving skills to accomplish tasks. Teamwork is a key focus, as students work together to achieve goals. | Problem-solving, teamwork, leadership, initiative, resilience, communication, decision making, strategic thinking, adaptability |
| The Young Titan | 4-10 | K-6 | - | | This fitness-focused program features high-intensity exercises designed to build strength and endurance. Its primary goals is to inspire students to embrace a healthy lifestyle, offering engaging and enjoyable ways to stay active beyond traditional sports. | Running, cardiovascular fitness, strength, stamina, power, HIIT, mental toughness |
| AFL | 4-10 | K-6 | 7-10 | √ | Sport-specific programs have the aim of teaching students how to correctly play the sport, regardless of experience when starting the program. They are designed to be highly engaging for the most experienced players while still being simple enough for those who have never played the sport. Students engage in weekly sessions focused on mastering major skills and rules of the sport, complemented by engaging, modified games to reinforce learning and promote correct gameplay. | All major skills specific to each sport |
| American Football | 4-10 | K-6 | 7-10 | √ | | |
| Athletics | 4-10 | K-6 | 7-10 | √ | | |
| Basketball | 4-10 | K-6 | 7-12 | √ | | |
| Cricket | 4-10 | K-6 | 7-12 | √ | | |
| Football (Soccer) | 4-10 | K-6 | 7-12 | √ | | |
| Hockey | 4-10 | K-6 | 7-12 | √ | | |
| Rugby League/ Touch Football | 4-10 | K-6 | 7-12 | √ | | |
| Rugby Union | 4-10 | K-6 | 7-10 | √ | | |
| Softball/Baseball | 4-10 | K-6 | 7-10 | √ | | |
| Tennis | 4-10 | K-6 | 7-10 | √ | | |
| Ultimate Frisbee | 4-10 | K-6 | 7-10 | √ | | |
| Volleyball | 4-10 | K-6 | 7-10 | √ | | |
| Multi-Sport | 4-10 | K-6 | 7-10 | | Different sport each week, with a combination of our most fun modified games from each sport. | |

Please contact Ihsan by email at ihsan@youngathletes.com.au, or by call/text on 0425 236 536 for more information, pricing and availability.