

# ESF Sports Camp

## Multi-sports Dry Sessions

### SC0 Course Outline | Ages 3-5 (Parent & Child)

Our Kindergarten Multi-Sports Camp is all about the joy of discovery. Through active play and age-appropriate equipment, we introduce little ones to the building blocks of physical literacy: **Locomotion, Stability, and Manipulation**. Whether they are **navigating space, finding their balance, or learning to handle a ball**, our gentle and structured environment ensures every child feels successful. We measure our success by the sense of achievement and the big smiles they carry home at the end of the week.

Category	Primary Goal	The Fun Part	The Gains
<b>Locomotion: The Art of Getting Around</b>	These activities are all about how children navigate their world. We help them build a "movement vocabulary" so they can travel with rhythm, confidence, and total control across any surface.	Animal Walks, Follow the Leader, Obstacle Courses, and "The Floor is Lava."	Mastering running, hopping, skipping, leaping, and galloping.
<b>Stability: Finding Your Balance</b>	Stability is the "secret sauce" of movement. These games help children control their bodies, whether they are perfectly still or mid-motion, building the core strength and posture needed for every sport.	Freeze Tag, Yoga-inspired animal poses (like the Flamingo), and Beanbag Balancing.	Improved balance, twisting, stretching, and learning to land safely.
<b>Manipulation: Handling the Gear</b>	Here, we focus on how children interact with the world using their hands, feet, and equipment. Through rhythmic play, we sharpen hand-eye and foot-eye coordination.	Beanbag Toss, Bounce-Catching (basketball), and "Tidy Up" (dribbling footballs into goals).	Skill in throwing, catching, kicking, and striking.

## SC1-4 Course Outline | Ages 6-14

Our Multi-Sports Camp provides a **comprehensive introduction** to essential motor skills and their specific roles in competitive play. By exploring a diverse range of sports categories throughout the week, we ensure students enhance both their **physical literacy** and their **strategic awareness**. Beyond the game, we prioritise the development of **sportsmanship and collaborative communication**. Our objective is for every participant to exit the programme with measurable gains in **agility** and a deeper understanding of the principles of sport.

Category	Primary Goal	Example Activities (Subject to change)
<b>Teambuilding &amp; Cooperative Play</b>	Beyond competition, we foster "Social IQ." Through games like Crossing the Lava, children practice active listening, patience, and verbal communication.	Hula Hoops
<b>Agility &amp; Spatial Awareness</b>	Chasing and fleeing games are essential for developing "deceleration" and "dodging" skills—the physical foundations of safety and athletic performance.	Dodgeball, Softball
<b>Tactical Awareness (Invasion)</b>	By playing games like Basketball, Football or Handball, students learn the core concepts of "attacking and defending," improving their ability to read a game.	Basketball, Football, Handball
<b>Reaction &amp; Coordination (Net/Wall)</b>	These activities sharpen hand-eye coordination and racquet control, teaching students to anticipate an opponent's move.	Badminton
<b>Technical Execution (Striking &amp; Fielding)</b>	Students refine the mechanics of bowling, catching, and striking with a bat, building confidence through repetitive, high-success play.	Bowling
<b>Focus &amp; Control (Target)</b>	We teach the "fine motor" side of sports, focusing on the controlled release of objects and the ability to judge distance and force.	Basketball, Football, Beanbag, Hula Hoop