

# TOP TIPS FOR PARENTS TO SUPPORT KIDS IN SPORT & ACTIVE RECREATION

Evidence informing Practice within the FOUNDATIONAL levels of FTEM NSW



1

## A STRONG BASE OF FUNDAMENTALS IS KEY !

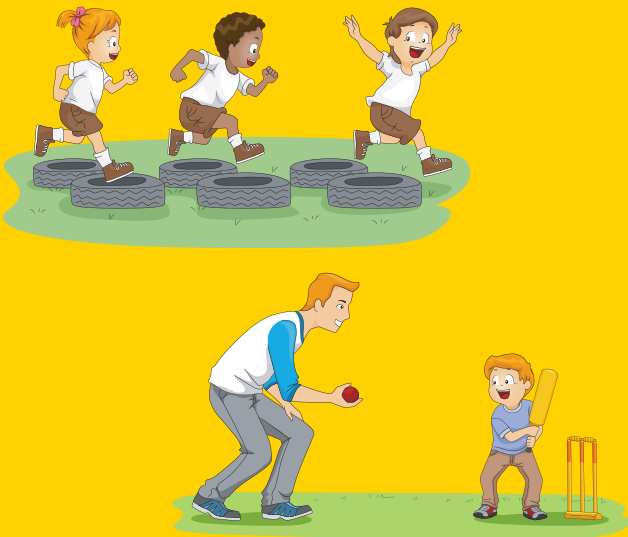
Support your children in developing a full complement and mastery of their Fundamental Movement Skills (FMS) (e.g., running, jumping, kicking or hitting a ball, climbing, balancing, tumbling and swimming). Assist them in sampling a range of organised sport and active recreational activities at school or within your community and enjoying Active Play (unorganised free play) within the home environment. Having a good repertoire of FMS facilitates movement competence and confidence and supports lifelong physical literacy and versatility and adaptability of sporting skills.



2

## PLAY TO THE MAX !

Active Play in the home, community and school environment, is a fun and effective way to progress a child's FMS and early physical literacy and fosters their problem-solving skills, creativity, innovation, adaptability and versatility of movement and sporting skills. You can assist by facilitating them to play within your home environment and joining in as well with different sized balls, bats, targets even balloons! Many of our finest Aussie sporting champions credit their skill development and sporting success to their early investment in Active Play especially girls who played with boys in their formative years of development.



3

## BE AN ACTIVE AND SUPPORTIVE FAMILY

Set a good and positive example for your kids and promote the importance of being healthy and active through an active lifestyle and healthy living. Use Active kids vouchers to enable your kids to sample sports they enjoy. Embrace the outdoors. Enjoy recreational activity as a family. Use active transport together going to school or the local park.



4

## RIGHT FIT OF SPORT PROGRAM AND EQUIPMENT

Match the right sport program to your child's developmental status, skill level, motivation and level of enjoyment (e.g. introductory formats of sport that feature smaller playing dimensions, equipment and tailored rules and length of time). Make sure to match the size, weight and design of your child's sporting equipment with their physical capacity (i.e., strength, height etc.) and skill level to facilitate their skill acquisition and reduce potential injury.



5

## SAMPLE LOTS! SPECIALISE LATER

Sampling across and within sports and recreational activities before the age of 13-15 will further develop your child's physical literacy, promote adaptability and versatility of their sporting skills and minimise potential injury, burnout and dropout. Many of our finest athletes have attributed their success and longevity in sport, to sampling a number of sports before they specialised in their main sport.





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## SMART PRACTICE - QUALITY OVER QUANTITY

Practice how you play. Integrate and progress all of your sporting skills (i.e., perceptual (anticipation), decision making, technical and physical skills) within practice settings and sessions such as game-based scenarios that replicate the realistic demands of a game and competition. An example could be practicing your batting in cricket against a variety of bowlers and fielders out in the middle rather than against a bowling machine. Enjoy practicing your skills and challenging yourself further through Active Play at home or at school where you can be innovative, creative and progress your sporting skill set !



7

## BE A POSITIVE ROLE MODEL AND PROMOTE INTEGRITY

Set a positive example at sport by being present, respectful, supportive and encouraging of your child, their coach, officials and opponents. Insist on strong integrity and good sportsmanship. Be encouraging and positive but pragmatic. Don't focus on the negative and don't place pressure or unrealistic expectations on your child. Reassure your children that mistakes and disappointment within sport is important for life learning and promoting resilience.

8

## FACILITATE YOUR CHILD'S SELF REGULATORY SKILLS

Know when to ask the right questions at the right time to foster your child's learning through effective self regulation. The flow of questioning as represented within the Gibbs Reflective Cycle is a great start and something to put on your fridge ! Initially use these self reflective questions to prompt and facilitate your child's self reflection and problem solving skills and work towards them doing this habitually and autonomously.

9

## HAVE THE KNOWLEDGE AND BE SPORT READY !

Facilitate you and your child's knowledge of good nutrition, hydration, recovery, physical preparation and conditioning, injury prevention and management and being sun smart etc. Put this knowledge into regular practice and make them life-long healthy habits - important knowledge, skills and strategies for sport and life !

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## JOIN IN AND BECOME A VOLUNTEER, COACH OR MANAGER !

Help out at your local club by volunteering. Progress and formalise your coaching by enrolling in an online or face to face Coaching course. Become an Official or Manager !

