

NURSERY & EARLY YEARS PE



WHO WE ARE

'Excellent approach to teaching children who are always engaged during the session and eager to start the classes'

'(Coaches) are a pleasure to work with, very professional, flexible and has a lovely, caring and supportive manner with the children.'

'Our pre schoolers have been having a fantastic time with coaches guiding us through enjoyable activities designed to enhance their motor skills and keep our Little Skippers active'

St Andrew's Montessori & Little Skippers Nursery

MA Active is a sports coaching company specializing in all things for youth sports and goalkeeping in North London. Our team boasts a diverse range of backgrounds and experiences, enabling us to support children of all ages and abilities. Coach Malik has worked across various boroughs in London working in multiple Primary schools and Nurseries providing all types of services

All our coaches are enhanced DBS checked and are committed to creating a safe and positive environment for every child.

OUR GOAL AND WHY?



Our goal is to kick start children's healthy, active lifestyle by introducing them to sport and exercise.

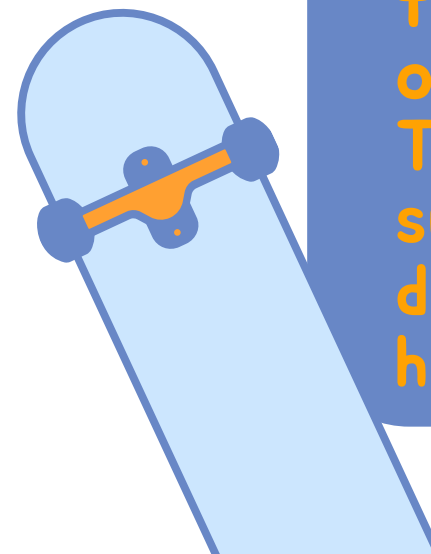
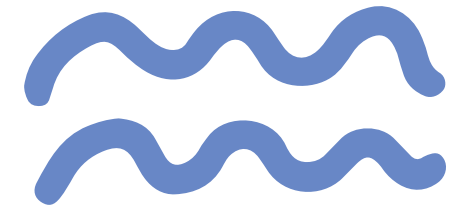
This is done by providing a programme of sessions that focus on guiding children to explore and discover the fundamentals of gross and fine motor skills.



Why? - Children's physical activity levels have decreased in the past few decades and the negative implications can be very severe and distressing.

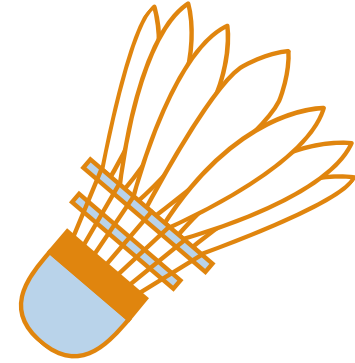
Giving children a head start from a young age and preparing them for KS1 and long-term participation in sport and exercise can tackle this increasingly worrying problem.

Supporting children in improving their gross and fine motor skills is emphasized in the Department of Education's guidelines on physical development for the EYFS. These guidelines highlight that such support is 'vital for children's all-round development, enabling them to lead happy, healthy, and active lives.'



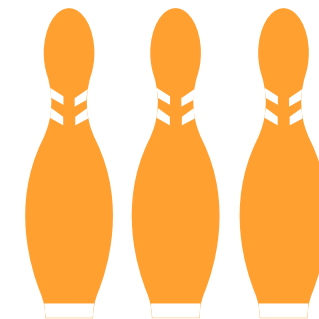
OUR PROGRAMME

**FREE TRIAL
SESSION!**



Our programme focuses on all things sport and physical exercise that will prepare the children for KS1 PE.

Through our years of experiences we have seen how doing 30-minute lessons is optimal for success. the lessons will be based around weekly topics that are revisited for repetition and progression for the children.



Our 6 key topics focus on:

- Ball Skills - Hands
- Ball Skills - Feet
- Racket, Bat and Stick Skills
- Movement Exploration
- Gymnastics and Dance
- Team Building Skills



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AIM. PLAY. ACHIEVE

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FREE TRIAL SESSION!

Make use of a free Trial session to have a better understanding of what we can offer!



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