

# TINY TOTS PROGRAM INFORMATION SHEET

## TINY TOTS BENEFITS

### 1 AGE APPROPRIATE & FUN

Tiny Tots is an evidence based, age appropriate program that is highly stimulating, engaging, & fun for young children

### 2 DEVELOPS FUNDAMENTAL MOVEMENT SKILLS

Tiny Tots features both guided activities & active play, which develops fundamental movement skills (run, jump, throw) & physical literacy (social, emotional, physical, cognitive)

### 3 FLEXIBLE & MODIFIED FORMAT

The modified program format supports inclusion of all abilities and higher levels of participation throughout the session for all children

### 4 FACILITATOR SUPPORT

The program is packaged to support any facilitator in delivery with 11 sessions prepared and supported by additional tips, games, and activity resources

### 5 TIME SENSITIVE DELIVERY

Designed to hold children's attention, with high levels of participation and physical activity - sessions run for approx. 45-60mins.

Tiny Tots is a modified introductory program that is designed to develop children's fundamental movement skills of running, walking, jumping, throwing and rolling through fun and enjoyable games and activities. The aim of the program is to improve the physical, social, emotional and cognitive development of children through an age appropriate, active and free play based approach that is engaging and stimulating.

#### THE DELIVERY

**Where:** Tiny Tots program can be delivered on any grass section or even an appropriate indoor space. Where it does not encroach on the delivery of other athletics events.

**When:** Delivered alongside (either before or during) a Centre's regular program. With sessions being no longer than 45-60 minutes in duration.

**How:** The Tiny Tots program is delivered by a Tiny Tots Coordinator/Age Manager supported by parents, who all follow the 11 pre-planned sessions of games and activities found within the Tiny Tots resource manual.

Little Athletics NSW also offers a range of training workshops to develop facilitators confidence in delivery and are in the process of developing some online training support too.

#### TINY TOTS MANUAL



PARENTS

TINY TOTS COORDINATOR

#### HOW TO GET INVOLVED WITH THE TINY TOTS PROGRAM?

- Each week, the Tiny Tots Coordinator(s) will invite parents to be involved in activities with their child. The Tiny Tots Coordinator(s) seek your active participation to enable your child to foster a passion for our great sport of Little Athletics and also as a launch pad into participation in a wide variety of sporting and recreational pursuits.
- With your support and involvement as the parent, you will give your child every opportunity to "Be Their Best" and at Little Athletics, this is all you can ever ask for!

#### BECOME A TINY TOTS COORDINATOR:

- Contact your local Little Athletics Centre, contacts can be found on our web-page link below. Or contact Little Athletics NSW Participation Staff at [participation@lansw.com.au](mailto:participation@lansw.com.au).
- Similar to an age manager; the Tiny Tot Coordinator is responsible for engaging and leading the Tiny Tot activity sessions.

#### HOW CAN YOUR CENTRE GET INVOLVED?

- If your Centre would like to get involved or receive more information on the Tiny Tots program, please contact [participation@lansw.com.au](mailto:participation@lansw.com.au)