



[littles@school](mailto:littles@school)  
Preschool/Day Care Centres

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Upper Hunter, New England & North West

# About Us

fun fitness 4 littlies is a holistic physical activity program designed for children aged zero to fourteen.

The children will learn about and practice their life skills, sporting skills and school readiness skills throughout the duration of the lessons. The programs will benefit the child's physical, cognitive, social and emotional development.

The program has been created by Sam Levick and with the team he has built, delivers the program to all areas of the North West and Hunter regions. The program is always evolving and new sports being added.

Sam has over six years' teaching experience in the Early Childhood sector, both locally and internationally. He also has many years' experience coaching sporting teams and individuals across a variety of sports, both locally and internationally.

Sam holds a Certificate III in Children's Services, Certificate III & IV in Fitness as well as Athletics Australia, Badminton Australia & Hockey Australia accreditation. Sam believes Early Childhood is the key time where children learn about the world and begin to make choices that will shape who they are and who they will become. He strongly believes that physical education is a cornerstone to any human being and when children participate in the early years they are giving themselves a strong base for a positive and healthy lifestyle for their future.

## The Skills

Run, Skip, Hop, Jump, Crawl, Catch, Shoot, Kick, Pass and More

## The Sports

Rugby, Cricket, Afl, Softball, Hockey Soccer, Basketball, Tennis, Athletics and More....



## Our Programs

### Littlies Skills 9 Week Program

littlies skills 9 week program focuses on all the fundamental gross motor skills. The skills are taught in a fun, age appropriate way, quite often combining more than two skill sin the same activities, whilst having a theme each week from the main skills.

Littlies Skills Designed For ELC's  
And Preschools

All Equipment Supplied & A  
Qualified Instructor

Program Focuses On Outcomes  
From The NQF & EYLF

### Littlies Skills Fun Day

littlies skills fun day takes the 9 week program and compresses it into a fun, full day of sport and fitness. Through the day the childre will engage in all the sports and skills. The littlies skills fun day provides the children with an opportunity to explore the sports themselves and in group activities.

Fundamental Skills Program

Specially Designed  
'Bubs' Activities

Introduction To Team-work

Fun & Supportive Environment

## Costing Options

Option 1 - Centre/School pays per program

Option 2 - Parents pay per child/per session via the online booking system for the course of the agreed program (fun day or 10-week program).

# Contact Us

☎ 0456787773

✉ [info@funfitness4littlies.com](mailto:info@funfitness4littlies.com)

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