



littlies@school
Primary School (K-6)

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

littlies skills 10 week program encompasses an array of fundamental & gross motor skills. The skills are taught in a fun, age appropriate way, quite often combining more than two skills in the same activity, whilst having a theme each week from the main skills.

Little Athletics

Our Athletics program allows children across all stages to have professional and specific coaching with an aim to increase participation rates at carnivals. All Athletics events are covered with all equipment supplied (except high jump mats). The program has been created in accordance with Athletics Australia's latest standards.

Badminton

Our Badminton program is endorsed by Badminton Australia and was created in conjunction with the Shuttle Time program by World Badminton Federation. This program is a fun and exciting way for Primary children to try a sport often not available until High School.

Hockey

With qualified Hockey Australia coaches we can offer a comprehensive program for all stages. The program provides an opportunity for children to try, engage and develop with in the sport of Hockey.

Our Features

Littlies Skills Designed For All Primary Stages | All Equipment Supplied & A Qualified Instructor
Program Focuses On Outcomes From Nsw Doe Pdhpe Syllabus | Sporting Schools Provider
Fundamental Skills Program | Introduction To Team-work | Fun & Supportive Environment
Chance To Try A Multitude Of Sports
Summative Reporting Tool Provided For Each Student (10 Week Littlies Skills Program Only)

Contact Us

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