



EARLY YEARS IN FOCUS

<http://kentcollege.com/early-years>



**OPEN ATHLETICS EVENTS
AN INTRODUCTION TO EARLY
YEARS AND SCHOOL
ATHLETICS.**

**SATURDAY 7TH & 21ST MAY
10:00**

**FRIDAY 13TH MAY 16:30
FOLLOWED BY A BBQ**

**COME AND JOIN US
ON THE SPORTS FIELD**

'Race You!'

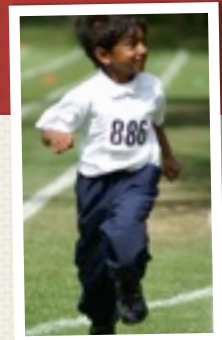
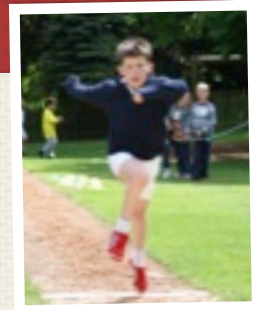
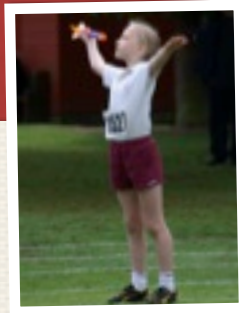
I am certain that I am not the only parent who has heard these words shouted enthusiastically, often in the park before a youngster runs off towards the nearest tree or the bench where Granny is sitting, watching an increasingly tired parent trying to keep up with their toddler. Throwing sticks into a tree to remove conkers was always great fun when I was young and jumping streams a challenge that often led to wet feet which were never a problem when you were four! I suspect many an Olympic career began in such a way, having fun with parents, with relatives, with friends in the park, in open spaces all around the world. Achievement is measured, even at very young ages. Children will always challenge themselves to go faster or to go further but it has to be fun.





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When is the time to move on from fun races in the park to a more structured competitive situation? For each child the answer to this question is likely to be different as all children develop and mature at different rates. The child that is the fastest runner or can throw the furthest at five, may not be the same at seven, so the important question is not when, but how they should be introduced to activities that could lead to improved health and fulfilment throughout their lives.

It may be a cliché, but at an early age it is very much the taking part that counts. Children discover the enjoyment of feeling challenged, enthusiastically entering into the activities of running, throwing and jumping. Children feel pleased with their achievement and from receiving praise after competition, whether finishing first or elsewhere.

(Article written by Mrs K Carter)

Why not bring your child along to one of our athletics meetings at Kent College Nursery, Infant and Junior School?

These events will be held on Saturday 7th and 21st May starting at 10:00, and on the evening of Friday 13th May starting at 16:30, this last event will conclude with a summer BBQ.

During these times with us your child will have the opportunity to compete in short races, throw the soft turbo javelin and have a go at the long jump. All children taking part will receive a certificate to remind them of their first venture into athletics.

