

BASE PHYSIO + PERFORMANCE SPORTS ENHANCEMENT UPDATE



What's News?

Welcome to the Base Newsletter for Term 1. Read along to hear about our Term 1 highlights, learning objective and focus points, plus key dates and much more. ENJOY!

Term 1 Overview

This term, our focus was on developing maximal velocity, exploring a wide range of movement patterns, and building strong fundamental skills. Students will work on improving their sprinting speed and efficiency, while engaging in activities that encourage creativity and confidence in how they move. Through a variety of drills and games, we will reinforce core movement fundamentals such as balance, coordination, and agility, creating a solid foundation for future physical development.

Past Events



Chin Up Hang Leaderboard
Maximal Velocity Session
Focus



Learning Objectives

Term 1 Overview

- **FUNDamentals** – Exploring and establishing strong foundational movement patterns which form the basis of each student's sport (ie: squat, push)
- **Need for Speed** – Learning the ins and outs of running fast and how to coordinate their body to apply force quickly when sprinting.
- **Crawling** – Learning how to control their body and it's movements, especially their core and hips in space.

Each block of training we choose learning objectives to focus on with each group

FUNDamentals

Fundamentals are the basic skills and building blocks that everything else is built on. In a physical context, this means simple movement skills like balance, coordination, agility, and control, which help support more complex movements and activities later on.

Need for Speed

Maximal velocity sprinting for youth athletes focuses on helping them reach their highest running speed safely and efficiently. It involves developing proper techniques—such as upright posture, coordinated arm action, and quick powerful strides,—while also building strength, and confidence.

Crawling and movement exploration

By practicing different crawling variations and exploring how their bodies move in space, students build fundamental skills such as stability, mobility, and control. These activities encourage creativity, confidence, and problem-solving while laying a strong foundation for more complex athletic movements.

In Term 2, we will be extending on our FUNDamentals theme and look to incorporate more advanced gymnastics. We will also explore more specialised lifting techniques, such as Olympic Lifting. Watch this space!

