

**SPORTSGURU INDIA**  
**2023-2024**  
**PRE SCHOOL & PRE PRIMARY**

**Name of the activity: Parachute**

**Skills:**

1. Strengthens shoulder, arm & hand muscles.
2. Helps in improving gross motor skills, agility & coordination.
3. Develops a sense of rhythm in kids
4. Develops team spirit among kids.



**Name of the activity: Javelin Throw**

**Skills:** This activity helps in improving Fitness and agility, improved hand/eye coordination, running skills.





**Name of the activity: Cricket /Hit the ball**

**Skills:** This activity helps in improving eye hand coordination, agility, gross motor skills & balance.



## **Name of the activity: Football**

**Skills:** This activity helps in improving eye hand coordination, eye foot coordination, agility & balance.



**Name of the activity: Catch the bug**

**Skills:** This activity helps in improving Fitness and agility, improved hand/eye coordination, running skills.





**Name of the activity: Basketball**

**Skills:** This activity helps in improving eye hand coordination, gross motor skills & agility.



## **Name of the activity: Coconut Race**

**Skills:** This activity helps the kids improve their eye hand coordination, balance, agility, gross motor skills & improves their mental abilities like mental alertness. in addition to it, the kids really enjoy this activity!!





## **Name of the activity: Feed The animals race**

**Skills:** This activity helps the kids improve their eye hand coordination, fine motor skills & comprehension. In addition to it, the kids really enjoy this activity!!





## **Name of the activity: Tap the Cone**

**Skills:** This activity helps the kids improve their eye foot coordination, gross motor skills, balancing skills & improves their mental abilities like mental alertness and judgment, in addition to it , the Kids really enjoy this activity!!



## **Name of the activity: Paddle Balancing**

**Skills:** This activity helps in improving balance (static & dynamic) , coordination and concentration too!!





**Name of the activity: Rugby**

**Skills:** This activity helps in improving eye hand coordination, eye foot coordination, agility & balance.



**Name of the activity: Fireball**

**Skills:** This activity helps in improving eye hand coordination, power & gross motor skills.





## **Name of the activity: Ice Cream Race**

**Skills:** This activity helps the kids improve their eye hand coordination, fine motor skills & comprehension. In addition to it, the kids really enjoy this activity!!



## **Name of the activity: Ball Balancing**

**Skills:** This activity helps in improving balance (static & dynamic) , coordination and concentration too!!





## **Name of the activity: Cap the cone**

**Skills:** This activity helps the kids improve their eye foot coordination, gross motor skills, balancing skills & improves their mental abilities like mental alertness and judgment, in addition to it , the Kids really enjoy this activity!



**Name of the activity: Kangaroo Jump**

**Skills:** This activity helps in improving eye hand coordination, power & gross motor Skills.





## **Name of the activity: Flowing hill top**

**Skills:** This activity helps in improving eye hand coordination, eye foot coordination, agility & balance.



**Name of the activity: Snatch the cone**

**Skills:** This activity helps in improving eye hand coordination, balance & gross motor skills.





**Name of the activity: Stop and pass**

**Skills:** This activity helps in improving eye foot coordination, agility & balance.





## **Name of the activity: Target the cone**

**Skills :** This activity helps the kids improve their eye foot coordination, gross motor skills, balancing skills & improves their mental abilities like mental alertness and judgment, in addition to it , the Kids really enjoy this activity!



**Name of the activity: Scoop toss**

**Skills:** This activity helps in improving eye foot coordination, agility & balance.

