

SPORTSGURU INDIA
2024-2025
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.

