



little
SPARTANS
Big adventures for little people



Little Spartans Program

Play-based Holistic Child Development Program for Pre-schools



www.littlespartans.co.in



Contents

About Us

The Little Spartans Program

Our Vision

Report Card on Children's Physical Health

Foundation Framework

Program Objectives

LS Program for Pre-schools

Program Introduction

Program Design

Delivery Components

Plan Information

Process Flow

Partner Schools

Sample Lesson Plan

FAQs



About Us

Little Spartans is the flagship program of VADR Active Learning, a holistic child-development startup working with kids between the ages of 1.5-10 years.

The Little Spartans program deals with gross-motor skills development & sports-based child development where the education is taken outside the classrooms and onto the playing field.

Looking beyond the traditional structure and delivery of a regular sports program, Little Spartans aims to freshen up the concept of 'sports' as viewed from a child's perspective, incorporating in itself a much larger theme of 'physical well-being'.

The Little Spartans Program

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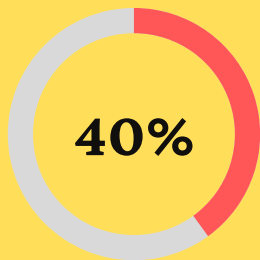


Our Vision

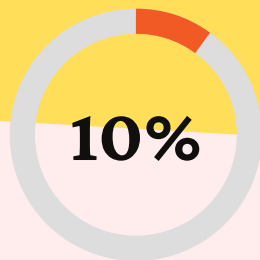
Our vision is for your child to engage in meaningful physical play supported by sound scientific & innovative activities that complement their developmental milestones at every stage of their growth.

We aim to promote a physically fit and healthy lifestyle that the children can carry with them for life.

Report Card on Children's Physical Health

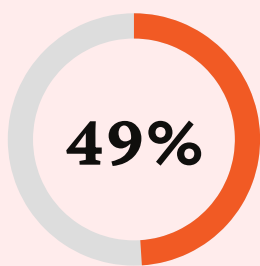


National Family Health Survey (2016-18) reports 40% of children under age 5 suffer from some form of weight-related issue!



Engagement in Physical Play

In India, less than 10% of children aged 6-11 yrs engage in sports and structured physical play in some form as compared to 55% of American children!



India 2022 Report Card on Physical Activity in Children

Less than 50% of children tested in the 3-11 yrs category met the recommended guidelines of physical assessment!



“There will be 17 million obese children in India by 2025.”

Child and Adolescent Obesity by Lobstein and Jackson-Leach

Foundation Framework



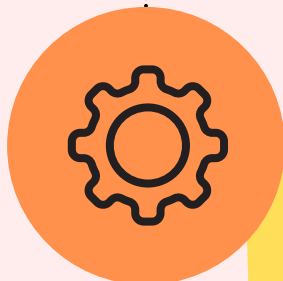
1. LTAD

Long Term Athlete Development framework guides the participation, training, competition, and recovery pathways in sport and physical activity.



2. YPDM

Youth Physical Development Model provides a comprehensive approach to developing athleticism in children throughout childhood and into adulthood (ages 2-21-years).



3. 3PI

The 3PI Model is developed on the basis of **Physical Exertion, Patience, Persistence, Imagination** that creates the right atmosphere for program delivery.



4. Mindfulness

To allow the kids to be situationally present and in the now and to guide present actions.

Program Objectives

Emotional

Independence, role-play, self-evaluation, active imagination, reasoning, self-regulation, self-appreciation, comparative behaviour

Social

Understand & exhibit a range of verbal/non-verbal communication, concept of personal/public space, sharing of space & equipment, co-operative play, group dynamics

Cognitive

Discern sensory stimulation (tactile, auditory, visual), routine & structure, process parallel instructions, retention & recall, word-action association, recall & exhibit learned behaviour

Physical

Locomotor & non-locomotor movements, vestibular systems (balance, coordination, spatial orientation), proprioceptive systems (kinaesthetics, body awareness), specific movements based on various sports

Program for Pre-schools

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Program Introduction

Little Spartans Program for Pre-schools is built on the concept of structured and unstructured play. The program creates a pressure-free environment for kids to engage in meaningful physical activities.

The program is designed specifically for pre-schools to supplement their curriculum & learning concepts.

The Little Spartans program is incorporated through movements and sports-based games & activities that are fun for the child to engage in. The activities are age-appropriate and also have elements built into the program to work on their emotional, social, and cognitive development.



Program Design

The program is designed specifically keeping in mind the constraints of pre-schools such as,

- Small/Closed-spaces
- Non-availability of high-cost resources
- Lack/minimal knowledge of child physiology, gross-motor movements, and sports-skills
- Lack of specialized equipment

The program can be seamlessly deployed both indoors and/or outdoors, alongside any existing curriculum without affecting the school's current program outcomes.

The program has clear objectives & deliverables in terms of learning skills delivered through a system of 37 key-focus areas referred to as the Badge System.

Program Goals | 18 months - 2.5 years

PROGRAM GOALS	EMOTIONAL GOALS	COGNITIVE GOALS	SOCIAL GOALS	MOVEMENT GOALS	SPORTING GOALS
<ul style="list-style-type: none"> - Introduce movements - Stimulate all their senses 	<ul style="list-style-type: none"> - Start to employ imagination & roleplay into activities - Understand cleaning up after activities - Self-evaluation (ability to discern wants & needs, likes & dislikes towards situations) 	<ul style="list-style-type: none"> - Understand primary colours - Understand texture - Understand activity requirements - Discerns single sensory stimulations (auditory, visual, tactile) at any instant - Begins to understand class structure - Begins to grasp 2 instructions at a time - Begins to recognize repetitive vocabulary 	<ul style="list-style-type: none"> - Verbal & non-verbal interaction (attempts to communicate feelings towards various situations with coaches) - Begins to exhibit concept of sharing of equipment & space 	<ul style="list-style-type: none"> - Endurance (repeated engagement in activities) - Gross Motor Movements (Carry/Move, Push/Pull) - Balance 	n/a

Program Goals | 2.5 - 3.5 years

PROGRAM GOALS	EMOTIONAL GOALS	COGNITIVE GOALS	SOCIAL GOALS	MOVEMENT GOALS	SPORTING GOALS
<ul style="list-style-type: none"> - Developed movements - Introduce basic game skills - Self-awareness/responsibility 	<ul style="list-style-type: none"> - Able to do activities independently - Active imagination during session - Cleans up after activities - Self-evaluation (ability to discern wants & needs, likes & dislikes towards situations) 	<ul style="list-style-type: none"> - All the previous age group characteristics - Understand & discern shapes & patterns - Understand & discern texture - Discern & act on one sensory stimulation (auditory, visual, tactile) at any instant - Understand class structure & requirements - Understands 3-4 instructions at a time. - Discern appropriate action/meaning for advanced vocabulary 	<ul style="list-style-type: none"> - Verbal & non-verbal interaction (confidently communicates feelings towards various situations with teachers & coaches) - Grasp concept of personal space (private vs shared) - Understand behavioural requirements (no touching/ no shouting) 	<ul style="list-style-type: none"> - Endurance (repeated engagement in activities) - Gross Motor Movements (Carry/Move, Push/Pull) - Balance - Jumping 	<ul style="list-style-type: none"> - Football (Eye-Leg Coordination) - walks with ball, kicks at a target - Basketball (Eye-Hand Coordination) - drops ball and catches, throws ball at target - Racket sport (Eye-Hand Coordination) - hits ball along the ground

Program Goals | 3.5 - 5 years

PROGRAM GOALS	EMOTIONAL GOALS	COGNITIVE GOALS	SOCIAL GOALS	MOVEMENT GOALS	SPORTING GOALS
<ul style="list-style-type: none"> - Mastered movements - Developed game skills - Introduced to team play - Self-awareness - Responsibility 	<ul style="list-style-type: none"> - Functions independently - Active imagination & role-play during activities - Cleans up after activities - Self-evaluation - Understanding of wants & needs, likes & dislikes towards situations - Ability to reason his/her actions - Exhibits self-regulation - Shows new emotions: shame & doubt, self-consciousness, self-appreciation - Begins to show initiative 	<ul style="list-style-type: none"> - All the previous age group characteristics - Understands activity requirements, communicates when unable to - Discerns and acts on multiple-sensory stimulations at any instant. - Understands multiple instructions at a time - Understand & repeat advanced vocabulary 	<ul style="list-style-type: none"> - All the previous age group characteristics - Begins to cooperatively play with peers - Helps others 	<ul style="list-style-type: none"> - All the previous age group characteristics - Hanging/Climbing - Agility - Flexibility 	<ul style="list-style-type: none"> - Ability to understand requirements of playing a game - Football (Eye-Leg Coordination) - dribbles (runs with ball) through defined paths, passes & shoots - Basketball - dribbles and moves, passes & shoots - Racket sport - Hits ball with a swing motion, wrist movement



Program Components

We have developed a curriculum ground up based on the following to drive focused and long-lasting benefits for young children!

- Object manipulation
- Sensory activation
- Structure – broad repetitions, retention & recall
- Word-action associations
- Group activities – social interactions
- Calisthenics/floor exercises
- Ball games
- Activities for Gross-Motor development (locomotor & non-locomotor)
- Gamification of technical skills

Partner Schools



FAQs



1.

How are we different from others?

Little Spartans curriculum is designed based on international frameworks in child physical development. They are scientifically researched, age-appropriate, and focus on long-term development in the child rather than short-term gains.

2.

What do you mean by *Badge System*?

Badge System refers to a system of 37 individual skills divided into 6 categories, namely, Personal, Fitness, Movement, Hand-Ball, Hand-Eye, Sporter. Badges provide a focus for the coaches in terms of the skills administered for the term.

3.

How are kids engaged in a session?

Engagement of kids must be understood from a multi-simulatory point of view. While sessions are primarily physical in nature with around 85% of the time spent on physical movements, kids are also constantly engaged through other verbal & non-verbal communication, peer interactions, and building up routines.

FAQs



4.

Will activities be repeated?

Repetition & reinforcement are important learning principles for small children. While simple repetition triggers just muscle memories our repetition is coupled with reinforcement (variety & progressions) that focuses on long-term retention and also improves cognitive functioning.

5.

What is the ideal number of weekly sessions?

Considering a school's already busy schedule in terms of planned activities, a single & effective weekly session is adequate to meet the learning needs. The school may, however, schedule multiple sessions if required.

6.

Are our coaches qualified to handle kids?

Coaching kids needs dedication and patience. Our extensive training program ensures coaches are trained well in all aspects of coaching, including technical & non-technical skills.

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