

# Parent's Guide to FUNdamentals

## ***Ages***

Girls 6-8/Boys 6-9

## ***Key objectives***

Continued development of movement skills with learning basic ultimate-related skills. Emphasis is on FUN! Focus on unstructured free play and limited structured practices/games.

## ***Physical Activity Guidelines***

- 60+ min/day of unstructured physical activity
- Participation in a wide range of activities to develop
  - Agility, balance, coordination, and speed (ABCs)
  - Running, jumping, and throwing (RJT)
  - Catching, passing, kicking, and striking with an implement (CPKs)
  - Kinesthetics, gliding, balance, and striking (KGBs)
  - Speed (linear, lateral and multi-directional)
  - Power and endurance through games

## ***Psychological***

- Introduce cooperation, teamwork, and basic decision-making
- Emphasize activities for developing skills, competence, and confidence over winning

## ***Lifestyle***

- Teach basic nutrition, hydration, and sleep
- Seasonal multisport participation with preferred sport 1-2x/week; other activities 3-4x/week

## ***Emotional Development***

- Children compare themselves to others in all activities.
- Children drop out or give up if they see themselves as inferior in activities.

## ***Intellectual Development***

- Rapid language development
- Self-centered

## ***Moral Development***

- Children are influenced by what others think.
- Children seek social approval.
- Children learn that playing by the rules benefits them.

## ***Practice/Competition***

- None, unstructured skills challenges
- Emphasis on non-contact and for all to touch the disc
- Smaller discs
- 1 hour/week
  - School Sessions: 1-4 weeks
  - Club Sessions: 8-12 weeks

## *Spirit of the Game*

- Teach children to treat and respect others as they want to be treated
- Safe, non-contact play
- Encouraging teammates and opponents