

Fundamental movement

4 WEEK PROGRAMME

12 weeks. First squat to graded assessment, with a training plan built just for them.

week 1

BASICS OF FUNDAMENTAL
MOVEMENT

week 3

POWER & AGILITY

week 2

STRENGTHENING
THE BASICS

week 4

MOBILITY, BALANCE &
ASSESSMENT

Safety at home

Every session begins with a 90-second space check. Coaches confirm 2m × 2m of clear floor, 2.2m of ceiling clearance, nothing breakable within reach, and bare feet or grip socks, never plain socks on a hard floor.

Going further

The 12-week Fundamental movement programme takes the same base further - intermediate strength, coordination, agility, endurance training and deeper mobility and ends with a full assessment and a personal training plan the child keeps.