

PACKAGE INCLUDES

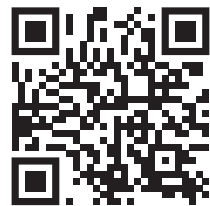
- ◆ 8 lessons
- ◆ 1hr of Kiztopia Curated Programme
- ◆ Season Pass for FREE Weekday Park Access
- ◆ Learning Pack
- ◆ Report Card
- ◆ Certificate

\$388
per term



LIMITED SEATS AVAILABLE.

BOOK YOUR SEAT TODAY!



SCAN TO SIGN UP NOW!



GET IN TOUCH

Kiztopia Marina Square

📍 6 Raffles Boulevard,
#01-09,
Singapore 039594

Kiztopia Club Punggol

📍 Punggol Town Square,
85 Punggol Central
Singapore 828726

Kiztopia Club Jurong Point

📍 1 Jurong West Central 2,
03-18/19 Jurong Point,
Singapore 648886

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Kiztopia®

KIZ SPORTS ACADEMY PROGRAMME OVERVIEW



FOR AGES
4 - 7
YRS OLD

KIZ SPORTS ACADEMY

Kiz Sports Academy sets the foundation of gross and fine motor skills through fun play. Develop critical thinking skills with focus on life's core values and exposing child to different various sports.

Each term consist of 2 sports. Kids will use sports as a core to develop physical confidence, coordinate body movements and learn about sportsmanship. There will also be various activities like sensory experience, arts & crafts and science observations.

LESSON FLOW



1



Introduction & Warm Up

Lesson objectives, safety briefing & get ready with a warm-up song.

2



Sports through Play

Learn about various sports through our fun activities that will improve your child's Gross Motor Skill.

3



Obstacle Course / Dancercise

Hop, jump, run and work your way through various specially curated obstacles courses around the park and get groovy with our Dancercise!

4



Sensory Experience / Arts & Craft

Learn more about your five senses and improve your child's fine motor skills through Sensory & Arts & Crafts activities.

BOUNCY KIZ

Basketball & Football

- Focus on hand / leg-eyes coordination.
- Children will learn various types of passes and shooting techniques while maintaining body balance.
- Increase social interaction as these are team sports.

ENERGETIC KIZ

Frisbee & Athletics

- Develops Fundamental Movement Skills (FMS) as athletics genre consists of running, baton relay, hurdling, javelin and shotput.
- Ultimate frisbee focuses more on accuracy and teamwork.

DYNAMIC KIZ

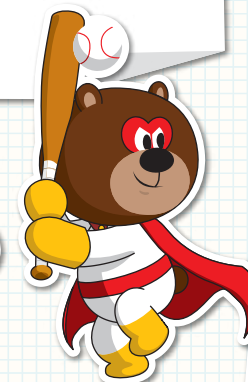
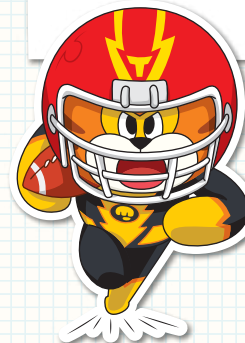
Tennis & Touch Rugby

- Focus on agility as rapid change of movements and direction is needed for touch rugby.
- Promotes values such as honesty/ integrity and sportsmanship.
- Good cardiovascular exercise.

WHACKY KIZ

Floorball & Baseball

- The stick and bat acts as an extension of their arm. Children will learn to handle and maneuver the stick/bat with both hands.
- Children will build a strong body core and develops better handling skills.
- Helps in concentration.



*Each programme consist of 8 lessons over 8 weeks.