

Time to Play



Tennis Whizz takes your child on a new adventure every lesson; Tapping into their most powerful asset, Imagination. As Joan Isneberg and Mary Renck Jalongo, authors of *Creative Expression and Play in Early Childhood* say "Through play children learn to explore the world around them, develop cultural understanding, express their thoughts and feelings and meet and solve problems."

Tennis Whizz Lessons don't just teach tennis but an understanding of the world. We hope that by taking part in Tennis Whizz lessons with your child you will find the child in you again and share the chance to imagine.

"Knowledge is limited but Imagination encircles the World!"
Albert Einstein

Leading the Way

We want you on court with your child, having fun and leading by example. A study by the Australian Journal of Nutrition and Dietetics suggests children with active mothers are twice as likely to be active, those with active fathers three and a half times more likely and those with both active parents are six times more likely to be active.



We want you to get on court with us and create a future of active play and confidence for your child. It won't be challenging it will simply be FUN! And who can say that they honestly have enough fun in their life!

Take it Home

We are sure you know that Tennis Whizz provides a story and take home sheet for every lesson, but did you know that there are even more activities for you to download on the website. Just go to www.tenniswhizz.com/kidsactivities for more! But more than this we want you to play together.

The National Association for Sport and Physical Education (NASPE) suggests that even Preschoolers should accumulate at least 60 minutes of structured physical activity per day. So here are a few things you can try.

- 1) Come to another Tennis Whizz Session every week.
- 2) Teach them the playground games you played as a child.
- 3) Create active games together harnessing the power of your child's imagination.
- 4) Dance, walk or swim together.
- 5) Take the racquets and balls everywhere, you never know the games you can create while you are out and about.

Preparing Kids for School

As we are active in developing "Set 4 School" skills we are of course aware that developing a little independence and breaking away from the apron strings if necessary. Key to encouraging this is identifying and applauding when children take initiative. Though hard sometimes try to identify and reward the effort your child makes rather than the outcome. A child who sees "trying hard as success" will become a lifelong learner.

"Never do anything for your child that they can do for themselves!"

Abraham Lincoln

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