

# Sports & Expression

Our Sports & Expression program is tailored to meet the needs of children aged between 5-12 years old. Our program supports learning and exploring new activities through sport and expression.

Each week our groups meet and participate in gross motor and fine motor activities which builds confidence, creates trust, friendships are developed and new passions are formed. Through the Sports & Expression program children may go on to join a weekend sport, try a new activity at school and have better engagement with future experiences.

This program is targeted at pre teens to provide opportunities to reduce sedentary behaviour like gaming, becoming isolated after school and reduces loneliness especially in children who may not naturally want to join a sport team or creative expressive program like dancing or gymnastics.

For more information and cost to deliver Sports & Expression at your school or community group please email [manager@yellowumbrella.org.au](mailto:manager@yellowumbrella.org.au)

This program has previously been funded by schools, corporate business and community developers.

To join a current Sports & Expression please email:

AIRDS [tomeka.warren@yellowumbrella.org.au](mailto:tomeka.warren@yellowumbrella.org.au)

ELDERSLIE [tomeka.warren@yellowumbrella.org.au](mailto:tomeka.warren@yellowumbrella.org.au)

CAWDOR [julie.rae@yellowumbrella.org.au](mailto:julie.rae@yellowumbrella.org.au) – currently full

