



# FUNDAMENTAL PHYSICAL DEVELOPMENT PROGRAMME

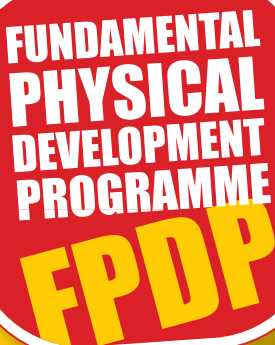
# FPDP

Ensuring kids have the basic physical life skills needed for a bright future.







WELLINGTON  
SCHOOL OF CRICKET






# FUNDAMENTAL PHYSICAL DEVELOPMENT PROGRAMME FPDP



FPDP is an exciting physical development programme developed by the Wellington School of Cricket. Its objective is to help children develop the four fundamental physical skills to have a bright future: Balance, Co-ordination and Reaction time, Speed and Agility, and Strength. These skills are not only important for a complete sportsperson, but are the necessities for any physical activity in life. They are basic life skills, which in today's changing society our children are exposed to less and less.

Thirty years ago we lived in a much more active society. Children used to spend more time outdoors, climbing trees, playing ball games, and in other activities that developed these skills. Now the attraction of new technologies has taken children out of parks and sports fields and sat them in front of computers, cell phones, and other sedentary pastimes. The concern of many researchers nowadays is that as a result children are no longer learning the necessary physical skills to develop in the same way as children have in the past. Our children are more advanced technologically, but can we say the same about their physical development?

A healthy nation is built on foundations that include physical activity. To give our children every opportunity of a bright future we need to help them develop the five fundamental skills to engage in healthy physical practices. The FPDP is a balanced programme set up to help develop these basic skills in all of our kids.



## FPDP consists of eight sessions

The first seven sessions include activities to enhance a child's ability in the five key fundamental physical skills. The eighth session is a testing session. This programme not only helps children improve their ability during the sessions, but also provides them with activities to enhance their skills outside of class. Teachers also broaden their knowledge and learn new activities and drills.


### BALANCE

Our balance is challenged in many ways each day. Balance is your ability to stay upright as the relationship between the base of your support and the orientation of your body changes. Balance is learnt, can be enhanced, and is critical to all activities and the reduction of injuries.

### CO-ORDINATION and REACTION TIME

Co-ordination is the skillful and balanced movement of different parts of the body at the same time. Co-ordination includes any isolated or combined balanced movement of the upper and lower body, the hands and eyes, and the feet and eyes. Co-ordination is essential to





success in many activities and without it children are often disadvantaged.

Reaction time itself is an inherent ability, but overall response time can be improved by practice. Response time is critical in everyday life. Faster response time can help one avoid disadvantageous circumstances.

## SPEED and AGILITY

Speed is how long it takes you to move from one place to another. It can be increased with training and physical enhancement. Speed is a skill that puts some children at a real advantage.

Agility is the ability to rapidly change directions without the loss of speed, balance, or body control. It is essential for the prevention of injuries, but also for success in physical activities.

## STRENGTH

Strength is the ability to exert a force against a resistance, and is necessary for all physical activity. There are different types of strength.

- **Maximum strength** – the greatest force that is possible in a single maximum contraction
- **Elastic strength** – the ability to overcome a resistance with a fast contraction
- **Strength endurance** – the ability to express force many times over





A muscle will only strengthen when it is worked beyond its normal operation, when it is overloaded. Overload can be progressed by increasing the:

- number of repetitions of an exercise
- number of sets of the exercise
- intensity - reduced recovery time

## PROGRAMME SPECIFICS

- FPDP consists of 8 weekly sessions, each lasting one hour
- Maximum group size 32
- FPDP is run by four coaches, equating to a coach to player ratio of 1:8
- The programme can be run at your school premises or at the Wellington School of Cricket
- The programme is concluded with an assessment of each student including individualised reports
- Cost: speak to Asoka at the Wellington School of Cricket.





Please contact us to discuss FPDP further.

We would appreciate the opportunity to answer any questions you may have.

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