

# Move For Life

Term 1

TAG Sports is a unique sports program exclusively crafted by The Atlantis Group. It has been developed using the principles from SportAUS and the Physical Literacy Framework. By integrating TAG Sports into our weekly programs across all our OSCHC and Early Learning services, we will lay the groundwork for a healthy future for our children and a lifetime of vitality.



	Monday 2 <sup>nd</sup> February	Tuesday 3 <sup>rd</sup> February	Wednesday 4 <sup>th</sup> February	Thursday 5 <sup>th</sup> February	Friday 6 <sup>th</sup> February
Week 1		TAG SPORTS		TAG SPORTS	
		Balance/Movement		Balance/Movement	
Week 2	Monday 9 <sup>th</sup> February	Tuesday 10 <sup>th</sup> February	Wednesday 11 <sup>th</sup> February	Thursday 12 <sup>th</sup> February	Friday 13 <sup>st</sup> February
		TAG SPORTS		TAG SPORTS	
		Balance/Movement		Balance/Movement	
Week 3	Monday 16 <sup>th</sup> February	Tuesday 17 <sup>th</sup> February	Wednesday 18 <sup>th</sup> February	Thursday 19 <sup>th</sup> February	Friday 20 <sup>th</sup> February
		TAG SPORTS		TAG SPORTS	
		Balance/Movement		Balance/Movement	

**How to Enrol:** Booking your child in for TAG Sports is as simple as ensuring they are booked into after school care on the designated days.

Exclusive to The Atlantis Group



**Atlantis Outside School Care – Yanchep Beach**

**Coordinator:** Mikayla  
**Phone:** 0458 087 030

**Address:** Lindsay Beach Blvd Yanchep, WA 6035  
**Email:** [yb@atlantisonline.com.au](mailto:yb@atlantisonline.com.au)

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Week 4

Monday 23 <sup>rd</sup> February	Tuesday 24 <sup>th</sup> February	Wednesday 25 <sup>th</sup> February	Thursday 26 <sup>th</sup> February	Friday 27 <sup>th</sup> February
	TAG SPORTS		TAG SPORTS	
	Softball		Softball	

Week 5

Monday 2 <sup>nd</sup> March	Tuesday 3 <sup>rd</sup> March	Wednesday 4 <sup>th</sup> March	Thursday 5 <sup>th</sup> March	Friday 6 <sup>th</sup> March
	TAG SPORTS		TAG SPORTS	
	Softball		Softball	

Week 6

Monday 9 <sup>th</sup> March	Tuesday 10 <sup>th</sup> March	Wednesday 11 <sup>th</sup> March	Thursday 12 <sup>th</sup> March	Friday 13 <sup>th</sup> March
	TAG SPORTS		TAG SPORTS	
	Softball		Softball	

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Week 7

Monday 16 <sup>th</sup> March	Tuesday 17 <sup>th</sup> March	Wednesday 18 <sup>th</sup> March	Thursday 19 <sup>th</sup> March	Friday 20 <sup>th</sup> March
	TAG SPORTS		TAG SPORTS	
	Fun Fitness		Fun Fitness	

Week 8

Monday 23 <sup>rd</sup> March	Tuesday 24 <sup>th</sup> March	Wednesday 25 <sup>th</sup> March	Thursday 26 <sup>th</sup> March	Friday 27 <sup>th</sup> March
	TAG SPORTS		TAG SPORTS	
	Fun Fitness		Fun Fitness	

Week 9

Monday 30 <sup>th</sup> March	Tuesday 31 <sup>st</sup> March	Wednesday 1 <sup>st</sup> April	Thursday 2 <sup>nd</sup> April	Friday 3 <sup>rd</sup> April
	TAG SPORTS		TAG SPORTS	
	Strength & Conditioning		Strength & Conditioning	

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