

AIRBENDERS SPORTS ACADEMY  
PRESENTS

# SPORTS & FITNESS PROGRAMMES

*Add Strength to your PE Curriculum*

Contact: **98863 92879**

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[www.airbendersportsacademy.com](http://www.airbendersportsacademy.com)

## FEATURES



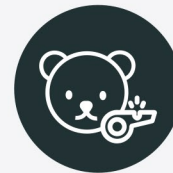
*More than  
60 varieties of  
sports & fitness  
programs*



*Indoor and  
outdoor  
activities.*



*Experienced  
and capable  
trainers*



*Child friendly and  
age appropriate  
equipments*



*Our programme  
builds confidence,  
co-ordination, positive  
attitude, designed to  
cultivate healthy habits*

Office:

#69, 2nd Block, 2nd Cross,  
J.P Nagar 9th Phase, Bengaluru - 560108

Communication:

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## OUR PROGRAMMES

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### **Toddlers – Nursery**

*At this age, children are introduced to the concept of warm up stretches, knowing a sport. Preschoolers need lots of physical activities which Airbenders ensures they get. These are planned in a structured format and we introduce a wide variety of sports to them which builds coordination, balance, and confidence. This early exposure makes kids more willing to give new sports a try as they get older.*

### **Grade 1 – Grade 4**

*At this age we provide a more routine & structured sports programme for the children. We work with children to understand their abilities and focus on the rules of the sports and fitness planned. We allow the children to get a first-hand experience of the sport by making them play the game the right way.*

### **Grade 5 – Grade 7**

*Specific Sports programmes in the sports that the child has chosen. This can be totally customized based on school infrastructure and needs. Our activities will be more focused on building the skills required to play a particular sport.*

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Our curriculum introduces the rules and skills through the right drills so kids begin playing and improving right away.

The goals are to help make every student comfortable trying new sports, to give them a basic understanding of popular sports, and to help them appreciate the fun and rewards of regular physical activity.

Including Sports and fitness gives your curriculum added value and we are the pioneers at what we do.

We act as your one stop destination to fulfil all your school's sports, fitness, and physical education needs.

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