

**Amazing Athletes - Preschool and Two-Year Olds: Golf**  
**Silver Spring Presbyterian Church Children's Center**  
**November 25th, 2025**

**Today, our young athletes explored the exciting sport of Golf!**

We kicked off the session with an opening huddle, where we talked about chameleons and which foods help us build strong bones.

After the obstacle course, we reviewed the proper way to hold our clubs. Then it was time to practice our chip and putting skills! We held our clubs thumb over thumb, bent our knees, kept our eyes on the ball, rotated our hips, and swung!

Next, we got moving with more practice, focusing on balance, follow-through, and different ways of reaching our targets "holes".

We even made our own mini golf course!

Throughout the class, we focused on key fundamental skills that support overall athletic development, such as:

- **Gross Motor Skill Development** – Heel Walking and light jumping to build strength and coordination.
- **Chipping and putting** – Developing proper form and technique for controlled shots, eye-hand coordination.

**Amazing Athletes - Two-Year Olds: Basketball**  
**Silver Spring Presbyterian Church Children's Center**  
**November 25th, 2025**

**Today, our young athletes continued the exploration of Basketball!**

We kicked off the session with an opening huddle, where the coach encouraged everyone to move like an elephant—legs straight, stomping forward and hands clasp for the trunk—and taught them that some fruits are great at keeping their bones strong!

After the obstacle course, we warmed up with some basketball drumming! We then used our butterflies hands (thumb to thumb) to shoot some hoops. And finally we did some dunking.

Throughout the class, we focused on key fundamental skills that support overall athletic development, such as:

- **Gross Motor Skill Development** – Running and jumping to build strength and coordination.
- **Shooting & Dunking** – Developing proper form and technique for shooting and dunking, eye hand coordination, balance.
- **Retrieving** – Using soft hands and focus to get the balls.