



The Starting Block

Dev Roy, Founder

A warm welcome to all our readers! LeapStart is now active in various schools and we thank all the parents and participating schools for supporting our initiative and sharing our mission of supplementing strong academics with age appropriate sports and fitness education.

Studies have shown that play and active living is essential to positive human development, crucial to physical, intellectual and social-emotional development at all ages. – Yet, our children are playing less and less. Play through early childhood, teaches a child learn to use his/her imagination, work in teams, build relationships, not ignoring the obvious physical benefits of a healthy and active upbringing – Yet, our children have less opportunities to play.

We at LeapStart believe that play is not a luxury that children can afford to do without. And with our last bastion of hope being the school playground, the LeapStart programs provides the platform for the holistic development of the child, gives him an opportunity to use sport as a tool to develop himself to be a citizen with a distinct edge in society. A fit child with the right exposure to play also shows academic improvement and better class participation.

Working abroad prior to this initiative, in numerous global leadership positions, I have always noticed that the star performers were ones with “playground” experience. People who have through their early life reaped the benefits of an active lifestyle, and consequently handle success and failure in equal measures.

Play is essential to leading a happy and healthy life, and we hope more and more schools and parents adopt the age-old adage ‘All work and no play makes Jack a dull boy’. **Happy Reading!**

PAGE 1/2

About LeapStart

LeapStart offers a complete sport and fitness program for children from Kindergarten to Grade 12. Our exclusive partnership with the US based SPARK organisation allows us to benefit from the most researched and field tested program in the world. The LeapStart curriculum offers students opportunities to learn, practice and master a wide range of diverse skills and activities appropriate for children.

LeapStart’s field-tested units can be implemented realistically in a variety of school settings, including those with limited space, equipment and supplies. LeapStart is a unique program designed with activities that are inclusive, highly active, integrate academics and wellness concepts and are fun for all the students. The LeapStart curriculum has been created by child development and sports specialists and has been refined over the last 20 years. LeapStart is the only program in India that has published over 45 academic papers to back its assertions.

Visit us at www.leapstart.co.in

The LeapStart program has been successfully launched in a number of prestigious schools

Bangalore

St. Josephs' Boys High School
Treamis World School
Delhi Public School
New Age School

Kerala

Trivandrum International School, [Trivandrum](#)
Global Public School, [Cochin](#)
High range School, [Munnar](#)

Program Components

LeapStart Core (K - 2) Physical skills and gross motor movements

LeapStart Ace (3 - 6) Physical fitness and general sports skills

LeapStart Pro (7 - 12) Physical fitness and specific sports skills through Sport and Fitness

LeapStart Sport Specialty (7 - 12) Sports specializations through comprehensive sport development (skill and technique)

LeapStart After School Program (7-12): Sport specific training through skill, technique and strategic development

We thank all participating schools for sharing our vision.



Children at New Age School get active



LeapStart fun at St. Joseph's Boys High School



Delhi Public School kids have a 'leapstart' into their day

Camp LeapStart

This summer we conducted summer camps at three venues across Bangalore. The first camp was at St. Joseph's Boys High School and the second camp was at Jaimahal Palace Hotel with the children enrolled at Nisha Millet's swimming camp. The third camp was held at the Kanteerva Stadium with UEFA certified coach Pradhym Reddy.

We had a fabulous response from parents and children alike and would like to thank everyone who participated for being so enthusiastic! Here's to many more successful programs



enthusiastic camp participants with their parents at the St. Joseph's Boys High School summer camp



Playtime at Delhi Public School



Children learning football the way champions do – at the LeapStart Football Camp conducted with UEFA certified coach Pradhym Reddy

Leapfacts

How to get kids to enjoy their fruits and veggies

- Have fruits and vegetables washed and cut up for convenience. Kids often reach for the ready to go snack.
- Try low fat dip recipes for fruits and veggies, kids love dipping!
- Try new recipes, often kids will try vegetables when mixed with other foods or special sauces.

The LeapStart trainers are highly motivated, friendly and jovial! My son enjoyed it and was waiting everyday to come to the camp!

Mr. Shyam Sarda
(parent at Jaimahal Camp)

The camp was really fun! My son loved this camp a lot. He wants this camp to be conducted every day and every year. He has had a lovely time this summer, thank you so much LeapStart!

Mrs. Pramela Pavan
(parent at St. Joseph's Boys High School Camp)

Meet our Sports Advisors!



Paul Rosengard, Advisor
He is the Executive Director of the SPARK Programs of San Diego State University Research Foundation. Mr. Rosengard is known for his extensive work as a physical activity interventionist, having contributed as an intervention director, consultant and trainer for a number of benchmark national studies/projects including SPARK, TAAG, M-SPAN, Pathways, PEACH, OPPrA, OPI, POPI, and the myriad Nike campaigns.



Pradhym Reddy
Football Consultant
Pradhym Reddy, Director of Coaching is an 'A' Licensed Coach and has decades worth of international experience. He has been a part of an Elite group of coaches that worked alongside the academy of coaches from Chelsea.



Prashanth Sawant *Basketball Advisor*
Prashant Sawant has over 10 years of experience coaching at international schools across India. With a Bachelor's in Physical Education from the Arjan's college of Physical Education in Bhopal, he is a certified basketball coach from the Sports Authority of India and is also a certified Swim Coach from the pre-school to the competitive level.



J Arun Kumar *Cricket Consultant*
Recognized as one of the finest First Class cricketers who plays for Karnataka, and on the Royal Challengers Bangalore team, JAK is highly respected in the field of sports & fitness.



Nisha Millet *Swimming Consultant*
An Olympian at Sydney 2000, and an Arjuna Awardee, Nisha retired from a 16 year long career to open the The Nisha Millet Swimming Academy.



Mukesh, Tennis Advisor
With more than 20 years of coaching, Mukesh is currently the President at the Pacesetter Tennis institute and is responsible for identification of talent to avail of foreign aid.

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