

Active kids

Fun and fitness for kids



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DAS

YOU DREAM WE DRIVE



OUR VISION

Help parents raise healthy & active kids.
Help kids who want to pursue their career in sports and provide necessary resources to the parents in raising a champion.

Why i started "Dream about sports"?

I am Sreekar Mothukuri, an IT consultant living in USA for last 10 years with strong passion for sports. I played "A" division leagues in Hyderabad. I wanted to be a cricketer but due to lack of proper guidance, knowledge and exposure, I did not reach my full potential. I did not want any other youngster to face the same situation I faced to pursue my dream goal in sports and thus I founded Dream about sports.

I Played Tennis at 5.0 level and won Houston city championship couple of times. I train kids in tennis under the age of 10 to keep them healthy and active.

Most of the kids don't have basic physical fitness levels, gross motor and sports skills even at the age of 9 due to a sedentary life style. I observed the same pattern in India and started active kids program for schools and communities to help raise healthy and active kids.



Our team

I am only able to bring this program because of the support of my wonderful team at dream about sports. Our team comprises of experienced instructors and highly trained staff who love being with kids.

Current generation Issues

Today, 90% of the children spend an average of 3 – 6 hours daily in front of IPADs, Smart phones and laptops due to which their attention span is shortened.

Due to bad food habits and no physical activity, obesity rates have doubled for preschoolers and tripled for 6 to 11 year olds.

Most Schools don't have physical education in their curriculum and if they have, either there is no structured syllabus or it is used for completing homework.

40 % of the children in India don't have a healthy Body Mass Index as revealed in a survey in the year 2013-2014 due to lack of physical activity.

By 2020, heart diseases will be the cause of over 40% deaths in India growing 9.2% annually due to unhealthy eating habits, lack of physical activity and stress.

Most of the IT companies in India, while hiring freshers, are now giving top priority to candidates who have excelled in academics and have played sports in school rather than candidates who only excelled in academics.

This trend is because playing sports teaches Leadership skills, Discipline, Teamwork, Sportsmanship and Self-motivation which are all helpful in corporate world.



Why Us?



After extensive research, we designed a structured curriculum for motor skills, physical fitness and sports skills for communities and schools for ages 3 to 8yrs under the guidance of certified coaches from US, Switzerland and Serbia.

Why Gross motor skills are Important?

Gross motor skills are the foundation movements in our life. These skills are like A, B, Cs and 1, 2, 3 s of the English language and Math respectively.

They are pre-requisites for many physical activities such as sports, games and dance. When gross motor skills are inculcated early in life, it enables children to grow into healthy and active individuals.



What we do?



We do gross motor skills analysis for kids from ages 3 to 8 Yrs and based on their level we teach them gross motor skills, fundamentals of sports skills and physical activity in a safe, convenient and fun environment.

As the attention span of the child is less at a younger age, we have hundreds of games and physical activities to keep the kid focused and have lots of fun.

Based on kid's and parents' Interest, we refer you to the best coaches in the city to pursue your Kid's career in sports.

Every month skills oriented certificates and medals are given to the kids based on their performance.

Our program

In every class we work on Physical activity games, Reaction, Balance, Rhythm, Orientation, hand eye coordination and Sports skills (catching, throwing, dribbling, kicking, hitting etc).

We focus on health, fitness and basic sports skills. Doing our program will improve fitness, attendance, academic performance and behavior.

Our program will provide an opportunity to unlock your child's true potential.

We do full fitness assessment and careful health check every 6 months and provide you the report card.



Academic report

+



Fitness report

=



All-round development of child.

"How playing sports helped SATYA NADELLA & KIRAN BEDI"



"I THINK PLAYING CRICKET TAUGHT ME MORE ABOUT WORKING IN TEAMS AND LEADERSHIP THAT HAS STAYED WITH ME THROUGHOUT MY CAREER."

- SATYA NADELLA
MICROSOFT CEO



LONG BEFORE SHE BECAME FAMOUS FOR HER WORK AS A POLICE OFFICER, KIRAN BEDI WAS HITTING THE HEADLINES ON THE SPORTS PAGE FOR HER ACHIEVEMENTS ON THE TENNIS COURT.

"BASED ON PERSONAL EXPERIENCE AS A COMPETITIVE SPORTS PERSON, PLAYING SPORTS BUILDS CHARACTER, LATER REVEALS IT."

- KIRAN BEDI
IPS, GOVERNOR OF PUDUCHERRY

SPORT TEACHES



LEADERSHIP SKILLS



PLANNING & STRATEGY



BEING SOCIAL



TEAMWORK



SPORTSMANSHIP



PROBLEM SOLVING.

whatsapp +1 480 242 9459

Contact: +91 9885614555

www.dreamaboutsports.com

support@dreamaboutsports.com

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