



*** FOR IMMEDIATE RELEASE ***

BrightSTARS-Tennis for Me! Teaches Physical Literacy

Charlottesville, Virginia (12/18/2017) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report a recent article, [*Developing Healthy, Active, Physically Literate Preschoolers*](#), by [Rhonda Clements, Ed.D.](#) and [Sharon Schneider, MS](#) * affirms our BrightSTARS approach for preschoolers. “Physical literacy” is defined as proficiency in a wide variety of fundamental movement skills and concepts. That is exactly what BrightSTARS has been developing in preschoolers in the FUN QuickStart way.

Report Highlights:

- Preschool children are at a critical stage of language and brain development, as well as physical development, and can greatly benefit from planned instruction aimed at achieving physical literacy.
- Activities should increase awareness of their bodies’ capabilities, while encouraging them to safely interact with others.
- Children need the ability to perform the key elements of a basic movement skill during a group activity or a game with limited rules.
- Being active with classmates awakens a child’s understanding of how to interact within a group in order to accomplish physical tasks.
- Preschool children naturally seek greater mental and physical challenges as they become more skillful.
- Physical activity is at the very heart of childhood.



Lynda Harrill, QCV QuickStart Tennis Coordinator, says, "I couldn't help smiling as I read this wonderful article. It described exactly what we do for 500+ kids in 11 schools that have BrightSTARS-Tennis for Me! in Pre-K classes. Physical literacy is a concept that is perfectly executed through learning tennis at a young age, using the QuickStart Tennis format. In addition to developing motor skills and tennis skills, we teach kids how to cooperate with one another and be 'teammates' and how to be coachable. Preschoolers are so receptive to learning and mastering new skills. Watching their eyes light up as they learn new things and develop skills is better than any day I've ever had on court. Teaching preschoolers to play tennis is like giving them the best gift ever!"

- * Clements and Schneider are co-authors of [SHAPE America](#)'s new book *Moving with Words & Actions: Physical Literacy for Preschool and Primary Children*. Dr. Clements is the Director of the MAT in Physical Education and Sport Program at Manhattanville College in Purchase, New York and Ms. Schneider is an adjunct professor at Hofstra University where she teaches Early Childhood and Elementary Education Majors courses in Movement and Child's Rhythm.

QuickStart Tennis of Central Virginia is an all-volunteer, grassroots Community Tennis Association established in 2009 as a 501(c)(3) charitable organization to promote, develop and grow QuickStart Tennis in the heart of Virginia for all beginners, especially underserved youth, using the kid-sized QuickStart Tennis format.

QCV's service area includes Albemarle, Amelia, Appomattox, Brunswick, Buckingham, Charlotte, Culpeper, Cumberland, Dinwiddie, Fluvanna, Franklin, Greene, Greenville, Halifax, Henry, Louisa, Lunenburg, Madison, Mecklenburg, Nelson, Nottoway, Orange, Patrick, Pittsylvania, Prince Edward, Powhatan and Rappahannock counties and the cities of Charlottesville, Danville and Martinsville. We currently serve 207 schools with more than 95,000 kids, 15 parks & recreation departments, three Boys & Girls Clubs and two YMCAs in 27 counties and three independent cities. We have also gotten tennis into PE classes in 30 additional schools with 14,000 students in southwestern and eastern central Virginia as part of the Mid-Atlantic Supercharge School Tennis Task Force.

Visit QCV at: www.quickstartcentral.org and on [Facebook](#).

For additional information, contact quickstartcentral@comcast.net



A racquet in every hand! A smile on every face!



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