



@HOME



PUZZLE BOOK

PLAYBALL'S SPORT AND MOVEMENT GUIDE FOR HOME ISOLATION

Every time your child comes to a Playball class, we begin to build the puzzle that will ultimately lead them not only to sport competence, BUT greatly assist their emotional and educational development as well.

Just because your child is at home, doesn't mean they can't move and have fun. Playball has created a number of skills and games that are designed for you and your child to do together "@ Home".

We have created FOUR Puzzle Books (one for each age group) to complete. Each Puzzle Book is designed to create a HOME LESSON CURRICULUM. The home lessons plan we have created during this time should be lots of fun for both you and your child.

Every time you receive a "Playball @ Home" card you must both practice the skill. After completing the skill, stick the "Playball @ Home" card in the correct puzzle piece. Do all 8 "Playball @ Home" cards to complete the Puzzle Book.


When everything is back to normal, your child must bring the completed Puzzle Book to class and receive a small prize from their Playball Coach.

Good luck and if you need any help with the skill explanation please do not hesitate to contact us!

Let's get building...

www.playballkids.com



playball @ HOME 

I CAN DO 2/3 year olds

Today let's do the **BIG BALL UNDERARM THROW**

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DID YOU KNOW that it will help me understand directional concepts like right/left, out/in, front/back. If my directionality is well developed, I will move with greater ease and follow instructions accurately.

LET'S PLAY AT HOME:
Throwing Teddy! I hold my teddy bear (or any soft toy) with both hands at my knees. I stand facing the couch and when Mum or Dad shouts "Throw", I throw my teddy onto it. Hurray!

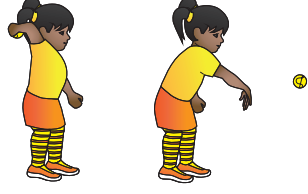
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I CAN DO 2/3 year olds

Today let's do the **OVERARM THROW**

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DID YOU KNOW that it improves laterality, which is the preference of one side of the body to the other? It is important for me to fix my dominance by the time I start with formal schooling.

LET'S PLAY AT HOME:
Sporty Sponge! Throwing sponges (or a face cloth) into a bucket is such fun! I hold a sponge by my ear and when Mum or Dad shouts "Throw", I throw it into a bucket.

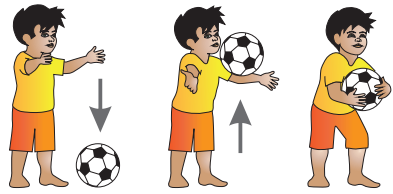
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playball @ HOME 

I CAN DO 2/3 year olds

Today let's do the **BIG BALL CATCH**


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DID YOU KNOW that it helps me to develop and improve reaction time? This ability is closely linked to brain development and also consolidates many aspects of perception, like spatial and visual perception.

LET'S PLAY AT HOME:
Sporty wants a hug. Mum or Dad drops a ball (Sporty) in front of me and I attempt to catch it using my arms. I squeeze it and we repeat the skill.


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playball @ HOME 

I CAN DO 2/3 year olds

Today let's do the **ROLLING BALL KICK**

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DID YOU KNOW that it teaches my eyes to visually track moving objects? All visual perception activities can help me make sense of the information that my eyes are sending to the brain.

LET'S PLAY AT HOME:
Beach ball soccer time! Mum or Dad please blow up a beach ball and we can kick it around the garden. Using a beach ball helps me time the movement of my foot so I begin to learn when is the correct time to KICK the ball.

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