



## Pop e Poppa Playball Classes

### Sports Toddler Classes

#### Two Can Do Toddler Classes overview (2-3 years)

Our toddler classes focus is on laying the basic foundation of movement in order to enable your child to accomplish more challenging sport-related skills as they progress through the Playball programmes.

A two-year old toddler is still discovering the wonderful things their bodies can do and need lots of practice in basic building blocks like locomotion, balance etc, which is why we focus on:

- Delivering an active start to structured, fun (but formalised) lessons.
- Enrichment of movement experience and participation in sports activities for toddlers
- Motor planning, core strength, balance, stretching, spatial awareness, running, jumping, concept formation and object manipulation.

Through lots of exploration and discovery, we work in a creative way to encourage your child to:

- Move more freely
- Stretch their physical boundaries
- Develop spatial awareness
- Perform 'big' motor movements
- Develop counting, colour recognition and word familiarisation
- Emphasis is on participation and not competence at this early stage
- Ensure your child's first experience of Playball is positive and exciting

#### Watch me @ 3 Playball programme overview (3-4years)

A healthy balance is maintained between fun and learning as your child is introduced to basic movement and sport development skills which will lay the foundation for future, successful sports participation.

As this is often your child's first encounter within a formal environment, learning will also be directed towards improving concentration and listening skills.

The Watch me @ 3 programme covers the following areas:

- Coaching all basic sports for kids' skills with the emphasis on a measure of competence involving the grip/foot position, body position, head position and the action/movement to the ball/object (this is the first introduction of the Playball Focus Points - PFPs - which are engrained in all subsequent programmes).
- Continued development of your child's enjoyment of sport.
- Confidence to participate in sporting activities and games.
- Social integration with other children
- Development of concentration and listening skills



## Playball Dinkies Overview (4+ years)

Your kids will benefit from the Dinkies programme in many ways and have lots of fun, but importantly they will also:

- Develop a wide range of sport skills through fun activities
- Understand individual participation
- Overcome fears that discourage sports participation
- Introduced to organised sport specific skills and activities

The main activities' emphasis is on **mastering** a wide variety of sport and movement skills with the balance between participation and the quality of each skill. This programme provides fun activities for children to practice individual skills more rigorously, which subsequently develops competence and starts to develop muscle memory. In addition to practicing these skills more thoroughly, we begin to introduce **skill sequencing** - which is the process of stringing individual skills together to form a sequence of skills - the foundation of all sports.

