



The Sport Programme with a difference!



Playball originated in South Africa 28 years ago and has grown to be a sound scientifically based programme, developed by a team of very capable professionals.

Playball is a world-class programme, currently boasting franchises in the USA, Canada, England, Ireland, Wales, Australia, New Zealand, Israel, Qatar, the Arabian Emirates, Swaziland, Botswana and Namibia.

WHY PLAYBALL?



- Gross-motor movement is the **SINGLE** most important aspect in a child's early **brain development**.
- Each Playball stage has its own progressive **curriculum** (year plan). Your child can do all the Playball stages without repeating the same thing.
- It is essential that a multilateral foundation (broad spectrum of skills) gets laid before specializing in any single sport – that is before the age of 8.
- Playball incorporates fundamental skills of **28 different sports**, including non-ball sports.
- When all Playball stages are completed, your child will be able to choose **any sport** and participate with confidence, as the fundamentals will be laid and perfected.
- Children are coached positively and encouraged to develop **life skills**.
- We are **partners in education**, working alongside school staff, as educators, to give your child the best chance in developing optimally.
- Playball exposes children to certain developmental skills and tasks, which will assist in **school readiness** and improved results in the classroom and on the sport field.
- Playball sparks an interest in physical activity for life long participation and healthy living.
- We **guarantee the best**, most researched and **advanced** sport and movement development programme.

PLAYBALL STAGES:

Playball has **four different stages** (age groups). Each stage is developed according to the **specific needs** ('Windows of opportunity') of each age group:

2 Can Do:

Focus: Discovery and exploration of equipment, basic movement skills and the body's abilities.

Children are exposed to concepts like a learning routine, listening to and following instructions, spatial concepts and basic concepts like colours and shapes.

Watch Me @ 3:

Focus: Laying a foundation of gross-motor skills.

Children are exposed to a structured learning environment and creativity, which are relevant to this age group.

Dinkies (4 - 5 years):

Focus: Skill sequencing and a wide variety of sport skills.

Children are exposed to correct techniques and sequencing of skills to make it more sports specific.

Preps (5-6 years)

Focus: Refinement of sport skills, school readiness and life skills.

Children are exposed to decision making and team work. Floating Trophies (one winner weekly) are introduced in this stage to establish and reinforce good sportsmanship.

GENERAL INFORMATION



- Only 8 children per class
- 45 minute lessons (except **2 Can Do:** 30 minutes)
- Child receives progress reports twice a year (middle and end)
- Certificates are awarded on completion of each Playball stage
- Parents receive information and news letters to keep them updated about development
- Registration fee also includes a T-shirt and a birthday gift

If you are interested, please complete the attached enrolment form and kindly send back to the school.

Our goal: using sport as the means, we develop the child as a whole, to produce CONFIDENT and COMPETENT individuals, in sport and life!