



@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.atlantaplayball.com



 **I CAN DO** 2/3 year olds

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

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DID YOU KNOW that it helps me to develop balance? Good balance enables me to concentrate, sit still and listen when I need to think clearly. Good postural control is one of the first keys to learning.

LET'S PLAY AT HOME:
My little Sporty needs to grow. Mum or Dad places a tennis ball on the ground. When you shout "KICK" I use my dominant foot to kick the tennis ball. Every time I kick the ball my Sporty grows bigger and bigger.

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 **I CAN DO** 2/3 year olds

Today let's do the **SMALL BALL TRAP**



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DID YOU KNOW that it requires timing to be in the right place at the right time to stop the ball? My brain uses a timing system to co-ordinate physical movement but also social and learning cues.

LET'S PLAY AT HOME:
Sporty is rolling away. Making sure nothing is in front of me. Mum or Dad rolls a small ball away from where I'm standing. I run and place a plastic cup that I am holding in my hand over the ball.

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 **I CAN DO** 2/3 year olds

Today let's do the **SMALL BALL PADDLE HIT**

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DID YOU KNOW that it develops my hand eye co-ordination, which is the base of visual motor integration? This literally means that it is easier for me child to write - to stay within the lines and form letters.

LET'S PLAY AT HOME:
Thanks Mum for your wooden spoon from the kitchen, it makes the perfect paddle! Mum or Dad watches me attempt to hit the back of a tennis ball so it rolls along the ground.

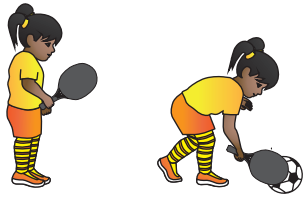
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 **I CAN DO** 2/3 year olds

Today let's do the **BIG BALL PADDLE HIT**

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DID YOU KNOW that it helps me to cross the midline? This is vital for both physical and brain development. It assists my brain communicate across the corpus callosum and coordinates learning and movement.

LET'S PLAY AT HOME:
A beach bat or paper plate is a perfect 'bat' to use to hit a balloon upwards. I will take it in turns with Mum or Dad to keep the balloon from touching the ground by hitting it up high.

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