



@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



WATCH ME PLAY 3/4 year olds

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

Copyright 2020 Playball. C.C. All rights reserved.



Did you know that kicking develops asymmetrical bilateral integration: i.e. two body parts doing different things at the same time effectively. This helps me to cope with tasks like drawing and cutting.

LET'S PLAY AT HOME:

My imagination loves the games we play! Let's pretend my big ball is an egg that I want to break. We stand beside each other and Mum or Dad rolls my ball which I run after and kick. SPLAT!

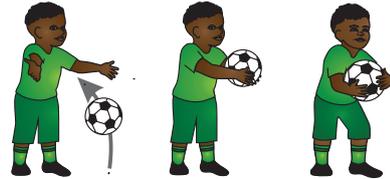
www.playballkids.com



WATCH ME PLAY 3/4 year olds

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

Copyright 2020 Playball. C.C. All rights reserved.



Did you know that it helps with bilateral integration, which is co-ordinating both sides of my body at the same time in a controlled and organised manner. This helps with school activities like cutting with scissors or stringing beads.

LET'S PLAY AT HOME:

Sporty enjoys catching a ball in our garden. We stand 1m apart. Mum or Dad drops the ball and after 1 bounce I catch it. We all shout "SPORTY". We are the perfect team!

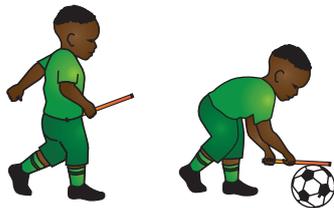
www.playballkids.com



WATCH ME PLAY 3/4 year olds

Today let's do the **TRAP BIG BALL USING A STICK**

Copyright 2020 Playball. C.C. All rights reserved.



Did you know that it improves my reaction time? This helps me in the classroom when I have to effectively process information and follow an instruction without any delays.

LET'S PLAY AT HOME:

Thanks Mum, for your wooden spoon from the kitchen, it makes the perfect wand! Mum or Dad rolls the big ball to me and I 'zap' the ball by placing the spoon on the top of the ball.

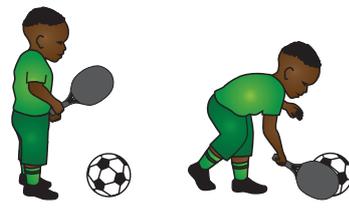
www.playballkids.com



WATCH ME PLAY 3/4 year olds

Today let's do the **HIT ROLLING BALL WITH BAT**

Copyright 2020 Playball. C.C. All rights reserved.



Did you know that it assists me with crossing the midline? This helps me to strengthen and figure out which is my dominant hand.

LET'S PLAY AT HOME:

My beach ball is Sporty that loves to run. I run beside Sporty and use my hand to tap Sporty on the back of his body which encourages him to run. RUN, Sporty RUN!

www.playballkids.com