



@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



DINKIES 4/5 year olds

Today let's do the **CATCH A SMALL BALL**

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DID YOU KNOW that it teaches my body bilateral integration, helping the two sides of the body to work well together? It improves my visual motor tasks like drawing, writing and cutting.

LET'S PLAY AT HOME:

Let's spell C H A M P. I place my hands together with my fingers spread wide. I am balanced with my feet apart and ready to catch as you underarm throw the ball to me. Every time I catch the ball I get the following letters C-H-A-M-P!

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DINKIES 4/5 year olds

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

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DID YOU KNOW that doing a sequence of movements and being in control of an object improves my perceptual motor ability. This develops the interconnection between my mind and muscles.

LET'S PLAY AT HOME:

Penalty shootout - place ball on the ground. You stand 4 meters away with your legs apart. I run and kick the ball attempting to "score a goal". If the ball rolls through your legs I score.

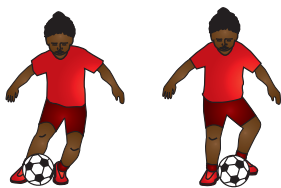
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DINKIES 4/5 year olds

Today let's do the **SOCCER DRIBBLE**

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DID YOU KNOW that it improves my ability to visually track an object that is moving? This is an important pre-reading skill as my eyes will be able to move with ease across a page or white board.

LET'S PLAY AT HOME:

Dribble races! We each have a ball placed on the ground at our feet. On GO! using the instep part of our feet we dribble the ball to a chair positioned 5m in front of us. First to the chair gets a point. Repeat 6 times and find the dribbling champion!

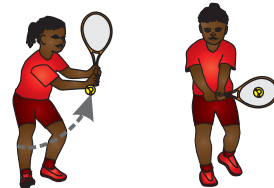
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DINKIES 4/5 year olds

Today let's do the **TENNIS BACKHAND**

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DID YOU KNOW that motor planning is the ability to understand, plan and carry out a skilled motor act in the correct sequence from beginning to end? It will improve my ability to carry out verbal instructions accurately.

LET'S PLAY AT HOME:

Using a balloon and 2 beach bats we play the Wimbledon final. You and I stand 3 meters apart. We "rally" using the backhand strike only. We both start at 5 point. Every time a forehand is hit that Player loses a point.

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