



@HOME



PUZZLE BOOK FRONT COVER

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





 @HOME 


 **PREPS** 5/6 year olds

Today let's do the **BASKETBALL FREE THROW**

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 **PREPS** 5/6 year olds

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

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 **PREPS** 5/6 year olds

Today let's do the **ZIG-ZAG BASKETBALL DRIBBLE**

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 **PREPS** 5/6 year olds



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


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COMPLETE THE PUZZLE

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 **PREPS** 5/6 year olds

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

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 **PREPS** 5/6 year olds

Today let's do the **HEAD INTO GOALS**

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 **PREPS** 5/6 year olds

Today let's do the **OVERARM THROW TO TARGET**

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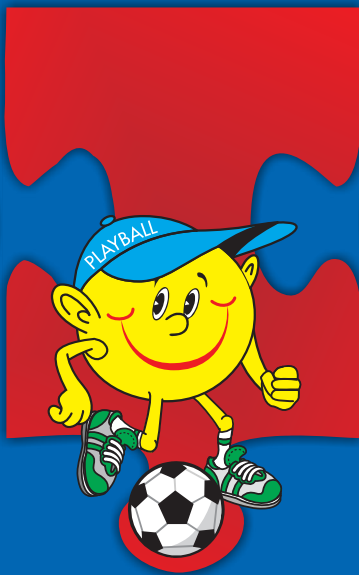
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 **PREPS** 5/6 year olds

Today let's do the **BASEBALL HIT**

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playball®

LEARN
PRACTICE

Well done!

BACK COVER





@HOME



PUZZLE BOOK

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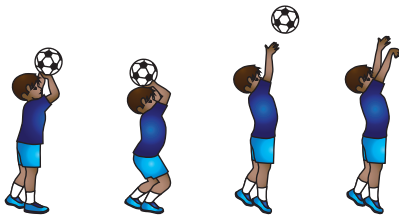
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PREPS 5/6 year olds

Today let's do the **BASKETBALL FREE THROW**

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Did you know that it improves my directionality - my ability to understand the concepts of up/down, left/right, in/out and front/back? It helps me when tracking and decoding, like when copying notes from the chalkboard.

LET'S PLAY AT HOME:

I stand 1m in front of Mum or Dad with a big ball balancing on my dominant hand and my other hand on the side of the ball. I throw a basketball free throw and you catch it as often as you can!

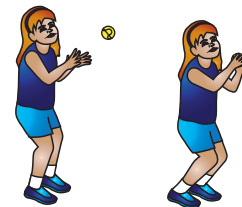
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PREPS 5/6 year olds

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

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Did you know that it develops my hand-eye co-ordination? Co-ordinated control of eye and hand movement is very important in the classroom. For instance I will be able to maintain accuracy and speed when writing

LET'S PLAY AT HOME:

I stand ready with my hands together and my fingers spread apart to catch the tennis ball. I close my eyes and wait. As Mum or Dad calls my name you throw the tennis ball. I open my eyes and attempt to catch the ball. First to 5 points wins!

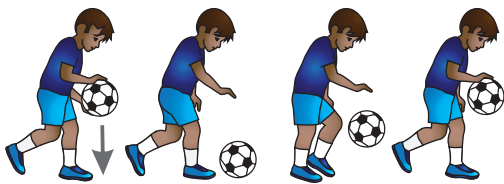
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PREPS 5/6 year olds

Today let's do the **ZIG-ZAG BASKETBALL DRIBBLE**

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Did you know that rhythm and timing is an intricate component of everything I do, including how I move and think. When I engage in rhythm and timing activities I improve the overall efficiency and performance of my brain.

LET'S PLAY AT HOME:

Stopwatch READY! I bounce the big ball with my favourite hand as many times as I can in 1 minute. Then it is Mum or Dad's turn to try and beat my score, but you must use your less dominant hand to bounce the ball.

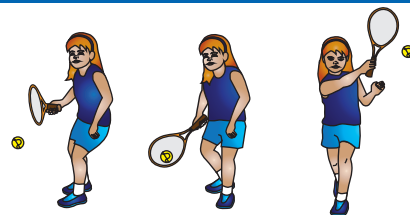
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PREPS 5/6 year olds

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

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Did you know that midline crossing improves communication between the two sides of the brain? These movements helps me to pay attention and to concentrate. It also helps me with everyday tasks, like riding my bicycle

LET'S PLAY AT HOME:

Balloon tennis is just the best! We stand 2m apart and use the palm of our hands to hit the balloon toward each other. I wonder how many times we can hit it before it touches the ground?

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