



# PARENT EDUCATION

## PLAYBALL PROGRAMS

### What is available?

Playball is proud of the fact that presently it offers five different programs which accommodate children from the very tender age of 2, when they are still learning to cope in a structured environment, right through to the age of 9, when they are fully-fledged sport team players. In addition to all the programs offered by Playball, some centres offer specialized sport clinics / academies, which may include children older than 9 years of age.

### Why are playball programs effective?

Playball programs are effective because through 22 years of research and development, we have realized that programs should be:

#### **Age Specific:**

Each and every program is suited to the development level of the child according to age.

#### **Progressive:**

The activities in each program are designed to become more difficult as the child learns and grows.

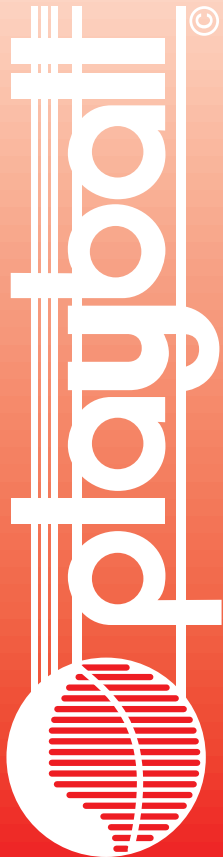
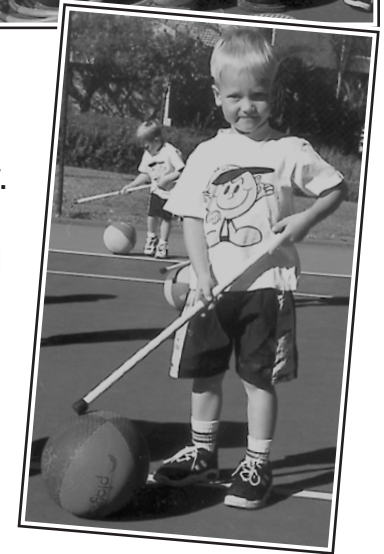
#### **Educational:**

We teach limited numbers

in order to allow coaches and children to build good relationships conducive to life skill instruction. In Playball your child will learn how to accept and believe in him / herself, will learn how to share, how to win graciously and lose with dignity. We are committed to contributing to the child's overall development as a person *and* a sports player.

### WHAT ARE THE OBJECTIVES FOR EACH PROGRAM?

**2 CAN DO:** This program creates a stimulating, yet fun environment rich in learning experiences which is suited to the 2 year old. Learning to participate with confidence in a structured environment challenges the young child emotionally and socially. Physically, the 2 year old is starting to integrate and control muscles and movement patterns and the program takes advantage



# PLAYBALL PROGRAMS CONT.

of this developmental moment by providing a wide range of suitable movement and muscle strengthening exercises. The program follows a holistic approach and not only focuses on physical development, but also on language and concept development i.e. understanding shapes, colours, direction and space.

Watch me @ 3: “The Watch Me @ 3” program wishes to encourage the young child to participate within a group. The environment is non-intimidating, caring and friendly. A healthy balance is maintained between fun and learning as the 3 year old is introduced to basic movement / development skills, which will lay the foundation for sport competence. As this is often one of the earliest encounters with a formal environment, coaching will also be directed to improving concentration and listening skills.



**DINKIES:** “Dinkies” focuses on mastering a variety of sport and movement skills. The balance between participation and the quality of each skill is given careful consideration. By use of repetition, the quality in execution of each skill improves. “Dinkies” take great strides into the world of competent sport participation as both good ball skills as well as movement competence are established and improved upon.

**PREPS:** This program deals with the refinement of skills - the quality of each movement is thus of the utmost importance. “Preps” includes a wide range of specialized sport skills, formalized sport drills and a large amount of partner work, which lays the foundation for competent sport participation.

**PLAYERS:** The “Players” program has as its aim to develop a love of and interest in sport by teaching skill application in a game situation. This is an exciting program where the child is actively involved in playing the sports!

## HOW ARE PLAYBALL PROGRAMS DEVELOPED?

Playball programs are developed through a highly specialized process by qualified teams consisting of teachers, educational psychologists, occupational therapists and sport specialists.

The point of departure is the child's age profile which provides the team with information about the physical, emotional and cognitive development and milestones for a particular age group.

The activities are then scientifically designed and selected according to:

- “where the child is at” at a particular age, as well as
- what is expected of the child at a specific age, by the environment eg. school.

Programs are updated regularly in order to keep up with the latest trends in sport and education.