



## Benefits of the Playball programme

### Pre- and during-school

Once in the school classroom, findings show that children who have had the opportunity to strengthen their core stability are able to sit up straight in their chairs and concentrate far longer than those who are slumped, as the lungs aren't getting the same amount of oxygen to the brain.

### Fine and gross motor skills

A child's gross motor skills need to be developed before their fine motor skills. Without fine motor skills, children will struggle to hold a pen, write, colour in a picture or tie their shoelaces. At Playball, we believe that sports can play a pivotal role in this, for example holding a ball correctly has an impact on how kids can hold a pencil correctly, in amongst other skills that are taught to encourage fine and gross motor skill development.

### Body and spatial awareness

This is of massive importance as it helps a child understand where he or she is in relation to the world around them. Children who constantly bump into objects or who seem clumsy are lacking spatial awareness, balance and possibly gross motor coordination. Playball encourages personal and spatial awareness through a plethora of age-specific exercises and skills.

### Bilateral symmetry

Being able to use the left and right side of the body equally well as well as midline crossing is vital for developing the neurons between the left and right hemispheres of the brain, which allows for far more effective learning to take place. Especially with toddlers, we actively encourage midline crossing through various exercises and skills so that when they start midline crossing in the classroom, for example drawing left to right, they will be able to achieve this more readily.





### **It's more than just sport**

Our action-packed lessons are limited to very small numbers to ensure maximum learning. Every lesson we encourage physical and social development and children are taught to:

- listen to instructions
- observe demonstrations
- concentrate while attempting the skill

In addition to this we like to instil the healthy values of:

- treating other students with respect
- encouraging good cooperation
- ensuring children take turns
- being flexible
- being a good sport

The programme will benefit your little star in a variety of ways that encourage positive physical and social development:

### **How does Playball develop confidence?**

Playball helps children to build a foundation from which they can develop confidence in multiple sports skills and then go on to choose a preferred sport. This confidence is developed as they become more competent in their sports skills, and spills over into their everyday lives.





**It's more than just sport continues...**

As you can see from the table below, confidence is not just limited to playing sports and we at Playball are very proud to be able to help develop confidence off the sports field too.

<b>Movement skills</b>	<b>Social skills</b>
<b>Static balance</b>	<b>Confidence and courage</b>
<b>Dynamic balance</b>	<b>Sportsmanship</b>
<b>Body awareness</b>	<b>Cooperation</b>
<b>Direction and laterality</b>	<b>Independence</b>
<b>Extension and flexion</b>	<b>Flexibility</b>
<b>Fine motor coordination</b>	<b>Leadership and responsibility</b>
<b>Gross motor coordination</b>	<b>Persistence</b>
<b>Foot/eye coordination</b>	<b>Concentration</b>
<b>Hand/eye coordination</b>	<b>Goal setting</b>
<b>Kinaesthesia</b>	<b>Respect and self worth</b>
<b>Spatial awareness</b>	<b>Relationship building</b>
<b>Tactile awareness</b>	<b>Decision-making</b>
<b>Visual tracking</b>	<b>Communicating and listening</b>

This is a programme for all children—previous sports skills are not a prerequisite. Sometimes a sports star is born at Playball, and sometimes it's a love of sports and activities that is born. Either way, our collective goal is to develop a healthy and positive association with sport!

