



WATCH ME PLAY A Movement/Sport Programme for Children

The **WATCH ME PLAY PLAYBALL** programme recognises and develops the growing skill set of your 3 and 4 year old child. Our focus here is on participation within a group, teaching children in a friendly, caring and supportive environment through carefully structured lessons.

A healthy balance is maintained between fun and learning as your child is introduced to basic movement and sport development skills that will lay the foundation for future successful sports participation.

Between the ages of 3 and 4 the child reaches a stage called the "elementary stage" of movement. In this stage the child has greater control and a basic sense of co-ordination and spatial awareness.

THE MAIN EMPHASIS OF THE PROGRAMME IS:

- Each child achieving a measure of competence in the "foundation" of the various manipulation and ball skills in all the popular sports
- Development of children's confidence and enjoyment of sport
- Social integration with other children
- Introduction of concentration and listening skills
- At a crucial time in your child's early life, **PLAYBALL** supports you in nurturing an active and happy lifestyle for your child.

