

PHYSI-BALL

PART OF THE ENJOY-A-BALL PROGRAM

who we are

Physi-Ball forms part of the leading sports coaching program Enjoy-a-Ball.

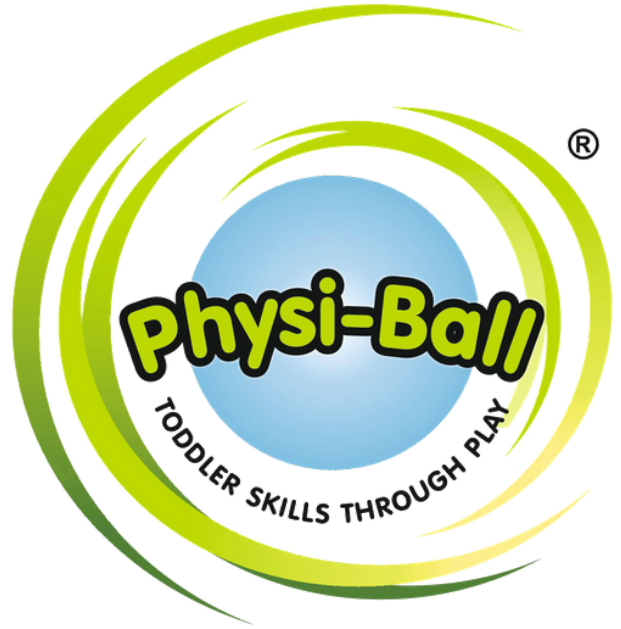


FUNdamental

- Movement
- Sports
- Life

SKILLS

"We always have younger siblings - and parents! - asking when they can start Enjoy-a-Ball, so we decided to develop a range of activities (with help from specialist sport physiotherapists) that will lay the foundation for a smooth transition into learning more advanced movement and sports skills."



core strength | balance | coordination

Yes, kids need to develop **core strength** too!

Exercises that train the muscles in their pelvis, lower back, hips and abdomen to work in harmony - leading to better **balance and stability** - is essential for the progression of nearly all other developmental skills. When core muscles are strong, a child can engage in movement that requires balance, such as running and jumping. Balance goes hand in hand with **coordination**, so this leads to more coordinated and rhythmical movements required for activities like skipping.

The core is the center of control for everything else the body does.



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toddler skills through play

Toddlers want to move and they want to learn – often by repeating the same activity till they feel confident about it. They are gaining greater control of their bodies so this is the perfect time to help them lay the foundations for a love of movement and being active.

They are not mature enough yet to play sport or follow very specific instruction so care must be taken that activities focus on developing good foundational gross motor skills, co-ordination, balance and core stability. This will allow them to excel at a faster and more efficient rate when the time comes for them to enter a more structured sporting environment.

The program also lays down the perfect foundations for a seamless transition into Enjoy-a-Ball - which children 'graduate' to around the age of three.

These are some basic fundamental movement skills that your toddler should be learning, and mastering. These contribute to your child becoming physically literate.

- **Core stability** - developed through a series of fun and interactive exercises which involves the use of a mini 'Swiss Ball' – many of you will have done something similar in your Pilates classes!
- **Balance**, jumping, hand-eye coordination, rhythm awareness and cognitive ability, which includes following instructions.
- Left and right **coordination** and **midline crossing** ability – an essential part of development that helps children to develop the ability to engage both halves of the brain which is important in all aspects of life including reading and writing.
- **Interest in group participation**, which is vital for the future sporting, team and social skills they will acquire during Enjoy-a-Ball classes and out on the sports field.

Crucially, whilst your child will be developing many vital fundamental motor and life skills they will also be having a huge amount of fun in the process! Parent participation provides a fantastic opportunity for mums, dads and other carers to bond with their children while laying the perfect foundations for a seamless transition into the **Enjoy-a-Ball** program!

