

# PLAYGROUP COURSE CONTENT

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**1.5-2.5  
YRS**

THE INTRODUCTION TO SPORT...





# TYPICAL PLAYGROUP CLASS FORMAT



## MEET AND GREET & FREE PLAY

Children meet & greet their coach. Children will free play in the area until all children arrive.



## WARM-UP & INTRODUCTION

Coach and children with help from the parent/guardian will introduce themselves to the rest of the group and then warm up.



## FUNDAMENTAL BALL SKILLS

Children play games that develop skills such as throwing, trapping, kicking, tracking and striking



## INTRODUCTION TO SPORTS

The children are introduced to the equipment and basics in sports such as Football, Basketball, Rugby, Tennis, Hockey & Cricket



## LOCOMOTIVE DEVELOPMENT

A range of obstacle courses build children's ability to move their bodies with confidence by using balance, stepping and jumping actions



# SPORTS COVERED

(AT THIS STAGE WE FOCUS ON EQUIPMENT FAMILIARIZATION DURING THE SPORTS FOCUSED SEGMENT OF SESSIONS)

BASKETBALL



RUGBY



FOOTBALL



TENNIS



HOCKEY



CRICKET



**minisport**



# BASKETBALL

▶ THROWING

▶ SHOOTING

▶ BALL HANDLING

▶ ROLLING

▶ HAND-EYE COORDINATION



**minisport**



# RUGBY

- ▶ **THROWING**
- ▶ **RUNNING**
- ▶ **BALL HANDLING**
- ▶ **THROWING**
- ▶ **TAG BELTS**





# FOOTBALL

▶ KICKING

▶ SHOOTING

▶ BALANCE & CO-ORDINATION

▶ CONTROL





# TENNIS

▶ **CO-ORDINATION**

▶ **RACKET HANDLING**

▶ **STRIKING**

▶ **GROUND STROKES**

▶ **BALANCE**





# HOCKEY

▶ HANDLING

▶ SHOOTING

▶ STRIKING

▶ CO-ORDINATION

▶ GROUND STROKES





# CRICKET

▶ **RUNNING**

▶ **THROWING**

▶ **STRIKING**

▶ **HANDLING**

▶ **CO-ORDINATION**





# PLAYGROUP LEVEL BALL SKILLS



**1**

**HANDLING**

The ability to grasp, manoeuvre & control a ball with the hand.

**2**

**THROWING**

Projecting a ball forward towards a target or distance.

**3**

**KICKING**

Striking an object or ball with the foot.

**4**

**STRIKING**

Using an external instrument to propel a ball forwards.

**5**

***TRACKING***

Stopping an object going away from the body.

**6**

***BLOCKING***

Stopping an object that is coming towards the body



# PLAYGROUP LEVEL LOCOMOTIVE SKILLS



**1 CRAWLING**

The ability to move along the floor using all four limbs.

**2 STEPPING**

The ability to step over obstacles.

**3 RUNNING**

Moving forward with acceleration.

**4 BALANCING**

Control of the feet and body to achieve stability.

**5 TURNING**

Changing direction whilst walking/running.

**6 JUMPING**

The ability to elevate the body into the air from standing.