

The first program to recognize and actively incorporate the development of **life skills through sport skills**

www.kidinmecoaching.com



SPORT AND MOVEMENT DEVELOPMENT SPECIALISTS



USING SPORT AS THE MEANS,
WE PROVIDE CHILDREN WITH A SOUND
BASE FROM WHICH
TO DEVELOP **EVERY** ASPECT
OF THEIR LIVES

CONTENT

PHYSICAL SKILLS

SPORT SKILLS / COMPETENCY

- Basic skills / rules
- Sport techniques
- Mini Matches in soccer, baseball, basketball, volleyball, tennis, hockey and cricket

MOVEMENT DEVELOPMENT / MOTOR SKILLS

- Gross motor co-ordination
- Fine motor co-ordination
- Muscle tone
- Dominancy
- Bilateral symmetry
- Midline crossing
- Co-ordination:
 - eye / hand
 - eye / foot
- Balance
- Timing
- Sense of direction
- Spatial orientation
- Motor planning

LIFE SKILLS

SELF-ACTUALIZATION

- Positive self-concept

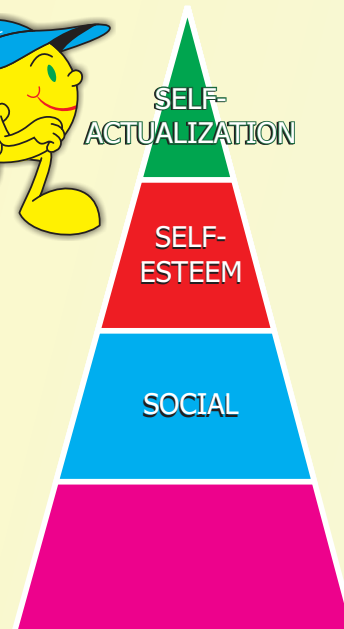
SELF-ESTEEM

- Confidence
- Courage
- Persistence
- Positive attitude

SOCIAL

- Respect
- Sportsmanship
- Communication
- Positive relationships
- Flexibility
- Co-operation
- Tolerance

COGNITIVE NORMATIVE



Maslow's Hierarchy of Needs

EDUCATIONAL VALUE

ASSESSMENT

- Informal = continuous
- Formal = 2 x per annum
- Teaching / not testing
- Components =
 - Qualitative
 - Quantitative
 - Life skills

COACHING ENVIRONMENT

- Non-competitive
- 4-8 per class
- Fun
- Non-intimidating

MODES OF LEARNING

- Body awareness
- Emotional stable
- Short attention span
- Observation is central
- Fantasy is important

COACHING STRATEGIES

- Physical competency
- Caring Warm Positive
- Variety Repetition
- Splinter skills
- Memory strategies
- Imagery
- Positive feedback
- Decision making

PARTNERS IN EDUCATION

COGNITIVE

- Auditory processing
- Visual Discrimination
- Concentration

NORMATIVE

- Healthy Values
- Principles

HISTORICALLY / ORIGIN

- Playball as a concept - more than 25 years
- Developed in a sport environment by a Sport coach and devoted teacher of children
- Value of sport as a learning tool which affect all areas:
 - Physical skills
 - General competency
 - Skills
- Holistic program: The total child is addressed

STAGES IN PLAYBALL

- PROGRESSIVE
- AGE SPECIFIC
- LEVEL SPECIFIC

TWO CAN DO
(2-3 years)

WATCH ME @ 3
(3-4 years)

DINKIES
(4-5 years)

PREPS
(5-6 years)

PLAYERS
(6 years)

ENRICHMENT of MOVEMENT
EXPERIENCE and CONCEPTS

90% Movement Development
EXPOSURE to SKILLS -
PARTICIPATION

10% Sport

60% Movement Development
VARIETY of SKILLS

40% Sport

30% Movement Development
REFINEMENT of SKILLS

70% Sport

10% Movement Development
APPLICATION of SKILLS

90% Sport