



I CAN DO A Movement Programme for Children

I CAN DO is **PLAYBALL**'s introductory programme for 2 and 3 year olds. It focuses on laying the basic foundations of movement in order to enable your child to accomplish more challenging sport related skills as they get older.

A 2 year-old is still discovering the wonderful things that their bodies can do and need a lot of practice in basic skills through fun but structured sessions.

Using exploration and discovery, we work in a creative way to encourage the children to move more freely, understand their balance and stability, stretch their physical boundaries, develop spatial awareness with object manipulation, perform big movements with confidence, develop counting, colour recognition and word familiarisation.

I CAN DO will help your child reach essential physical milestones. The emphasis is on participation rather than competence and ensuring that your child's first experience of sport and **PLAYBALL** is positive and exciting.

THE PROGRAMME FOCUSES ON:

- Delivering an active start to structured, fun (formalised) lessons
- Enrichment of the movement experience by developing physical boundaries and spatial awareness
- Motor planning, core strength development, stability, locomotion, formation and object manipulation

