

# PLAYGROUP

AGES 1.5 - 2.5



**1** Fun and Enjoyment  
Engage in play, explore physical abilities, and experience joy and happiness while participating in sports activities!

**2** Discipline and Focus  
Through regular participation our team aims to instill the habits of focusing on tasks & the discipline to complete tasks upon starting them.

**3** Confidence & Independence  
Parents will notice that our students develop the confidence needed to try new challenges with our staff!



Whats taught?

Our playgroup program includes aspects of Football, Rugby, Tennis, Teeball, Basketball & Athletics.

Other than sports we also include music and rhythm activities which involve exploring a variety of musical instruments under the guidance of our instructor.

**TEEBALL**

**FOOTBALL**

**RUGBY**

**ATHLETICS**

**BASKETBALL**

**GUIDED ACTIVITIES**

**SUPPORTIVE TEACHERS**

**FUN & LAUGHTER**

**STRUCTURED ROUTINE**

**SIMPLE INSTRUCTIONS**

**VISUAL AIDS**

“

**ACTIVE  
TODDLERS  
, HEALTHY  
FUTURES!**

”

## TYPICAL CLASS RUN DOWN

- 5 minute soft introduction
- 5 minutes of running activities
- 5 minutes of catching progressions
- Water break
- 10 minutes of obstacle course
- 5 minutes of passing activities
- Water break
- 15 minutes of sports
- Water break
- 5 Minutes of musical circle time
- 5 Minutes of parachoot
- 5 Minutes of session reflection