

<u>Kid's @Play</u> focuses on group play, which is more structured and based more on reality than fantasy. It helps in developing independence yet co-operate with partners.

Kids @Play has many functions...

It enhances peer relationships, releases tensions, advances intellectual development, increases exploration and the chances of children speaking and interacting with other children.



Playing is the key to every child's well being. Children learn about the world and experience life through play.



Basketball Beginnings

Jus a.hlay



BASKETBALL BEGINNING 5 Lynch Road, Willowdale, Ontario M2J 2V6(416) 494-3111



Our program has introduced simple games and activities that parents and caregivers can continue at home.

Our classes are designed to build gross and fine motor skills.

<u>Kid's @Play</u> concentrates on developing fundamental movement skills in a series of stages that will eventually integrate all of the component parts of patterns of movement into a well coordinated, mechanically correct and efficient act.

We focus on these three specific areas...

- C- LOCOMOTOR Movement - C- NON-LOCOMOTOR Movement - MANIPULATIVE Movement



The Curriculum

- Specifically: movements in which the body is propelled from one point to another
- Activities: walking, running, leaping hoping, jumping galloping, sliding and skipping



- Specifically:
 - the body revolves around a fixed point

stability movements in which the axis of

Activities: bending, stretching, twisting, turning, lifting and falling

- MANIPULATIVE Movements

- Specifically: movements in which force is imparted to or received from objects
- <u>Activities</u>: throwing, catching, kicking, trapping, rolling, dribbling, striking and volleying

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Some Activities

☆ Bean Bags Series
☆ Bean Bag/ Frisbee
☆ Frisbee Challenges
☆ Tumbling Series
☆ Ball Series
☆ Mirroring Series
☆ Skipping Series
☆ Baseball Series



Pleas ask to see our full package on Kids @Play for more details....