

1. Core
Muscle
development

2. Gymnastics

3. Eye-foot &
hand ball
co-ordination

4. Listening
skills



Enjoying Sport
Differently

Incorporating
Rhythmic

Balance / Auditory
Vision / eXercise

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WHY DO SPORT? Sport benefits every part of the body including the mind. It causes the body to produce endorphins that help give a feeling of “well-being”.

- Develops gross motor muscles
- Builds muscle tone and concentration
- Strengthens and develops muscle flexibility
- Emotional well-being - gains self-confidence
- Social skills - learn to work in a group/team
- Listening skills - 2 - 5 instructions given prior to activity
- Balance - essential for school readiness

EDUCATIONAL SKILLS

- Estimation - distance, height, width, depth
- Basic numeracy - number value, more/less, in front, behind, under, over, on top
- Crossing midline - using both sides of body for most activities
- Bal-A-Vis-X - balance, auditory, visual exercises

In every YSports lesson we do :

1. Gymnastics
2. ball skills - eye-hand-foot
3. Exercises strengthening and developing flexibility
4. Bal-A-Vis-X
5. HAVE LOTS OF FUN!!