



For more information and to find a program near you, please visit:

www.playmovelearn.squash.org.au

PLAY

Through play, children develop a number of skills while having fun

MOVE

Children learn to move their bodies in a number of ways, helping to develop their coordination and flexibility

LEARN

Children learn a number of vital life skills as they are encouraged to listen to their teacher, line up and cheer others on



PLAY MOVE LEARN





Exploring a range of sports

Over 8 weeks, Play Move Learn explores a wide variety of sports and their related physical literacy movements. Sports include athletics, soccer, football, basketball, netball, bats and racquet sports and gymnastics. This allows children to develop a wide variety of movement skills and allows them to experience multiple sports, some of which they may choose to play later in life.



Affordable and healthy

With flexible payment options available for you and your child, Play Move Learn is an affordable and easy way to encourage your child to live a healthy lifestyle in the future.

The Introduction Class for every Play Move Learn program is free with no obligations to continue with the program if it isn't the right program for you.

The Program

Play Move Learn is a multi-skill program designed for children aged 3-5 years. It encourages the development of physical literacy through active play and prepares them for an active lifestyle - regardless of which sport they choose.

Play Move Learn consists of eight 45-minute sessions, including a free introductory class and a breakup class.

Physical Literacy

Physical literacy is the integration of physical, psychological, cognitive and social capabilities that help us live active, healthy and fulfilling lifestyles. Research by Sport Australia has shown that Australians are not moving as much as we used to. This is leading to increases in preventable diseases and poorer health across the nation.

Increasingly, Australian children are unable to perform basic fundamental movement skills such as running, throwing, kicking, catching or jumping.

Play Move Learn aims to encourage children from a young age to get moving and to associate physical activity with fun. The program aims to encourage its young participants to continue to be active and play by introducing them to the foundations of a variety of sports.

