



M

motivation



A

autonomy



G

grit



interconnected



C

confidence

Focus on activities they enjoy

Give choices
and provide
reasons

Embrace
challenges
and grow
from
mistakes

Connect with
friends and
family

Provide a supportive & positive environment

EMPHASISE

EFFORT

OVER

EXCELLENCE

EMPHASISE

FUN

OVER

FRUSTRATION





Quick guide - catching

The choice of ball to throw and catch can make a big difference in how easy or hard the skill is. Key principles is practice in different ways and places. Rough guide is that anything that floats, is larger, or has more texture (bits to grab) will be easier to catch, whereas anything that is smaller or firmer (think basketball or tennis balls) will be harder.

Things that are easier to catch aren't always easy to throw (see throwing guide)

- If something is too hard = less likely for a child to keep trying or enjoy experience
- Appropriate challenge and positive encouragement = skill building
- Too easy = less skill building and often loss of attention/interest in the task



