



EXTRA - MURAL MULTI-SPORT PROGRAMME

A year-round extra-mural offering designed to expose learners to a wider range of sports, develop skills and create a pathway into fixtures and competition.



CONFIDENCE



TEAMWORK



HEALTH



GROWTH



OPPORTUNITY



THE EXTRA-MURAL MULTI-SPORT PROGRAMME

A YEAR-ROUND SPORTING EXPERIENCE

Play-For-All's Extra-Mural Multi-Sport Programme gives learners the opportunity to experience a variety of sports throughout the school year, developing skills, confidence and a love for movement in a fun and structured environment.

HOW THE PROGRAMME WORKS

01



MULTIPLE SPORTS

Different sports are introduced throughout the year, giving learners exposure to a variety of sporting codes.

02



TWO SPORTS PER SESSION

Two sports run simultaneously within one extra-mural lesson, keeping learners active, engaged and focused.

03



3+ COACHES PER SESSION

A minimum of three coaches are present, providing structured instruction, supervision and support across the different sports.

04



SPORTS CHANGE EACH TERM

Sports are rotated throughout the year based on the school's facilities, space and our ability to get the right numbers for each sport.



**MORE VARIETY.
MORE MOVEMENT.
MORE OPPORTUNITY.**



From learning new skills →
to discovering new sports →
to developing a pathway
into competition.

PLAY-FOR-ALL

EXCELLENCE THROUGH MOVEMENT



CONFIDENCE



TEAMWORK



HEALTH



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OPPORTUNITY

EXAMPLE SPORTS WE OFFER

These are just some of the sporting experiences available through the programme. Sports rotate throughout the year, allowing learners to experience a wider variety of activities, develop different skills and discover new sporting interests.



**7-8+ SPORTS
THROUGHOUT THE YEAR**
Different sports. Different skills. One programme.



TENNIS & PICKLEBALL

Build hand-eye coordination, focus and confidence.



BASKETBALL

Improve teamwork, skills and game awareness.



VOLLEYBALL

Develop coordination, communication and court awareness.



ULTIMATE FRISBEE

Build agility, teamwork and strategic thinking.



HANDBALL

Enhance fitness, coordination and tactical awareness.



BASEBALL

Improve striking, catching, teamwork and game sense.



KICKBALL

Develop movement, coordination and teamwork skills.



DODGEBALL & MOVEMENT GAMES

Build fitness, reflexes, teamwork and loads of fun.

HOW A TYPICAL PLAY-FOR-ALL LESSON GOES

Each lesson is run by three qualified coaches who work with two separate groups at the same time. The coaches run specific stations, giving learners a fun, structured and engaging experience across different sports and movement activities.



1 TWO GROUPS AT ONCE



Learners are split into two groups, each working on different stations simultaneously.

2 THREE STATIONS



SPORT 1



SPORT 2



GAME /
MOVEMENT
STATION

Each coach runs a specific station:
1 sport, 1 sport and 1 game/movement
station related to one of the sports.

3 ROTATION



Groups rotate between the stations at set intervals, ensuring all learners experience both sports and the game station throughout the lesson.

4 THE RESULT



MORE MOVEMENT



BETTER SKILLS



MORE CONFIDENCE



A FUN, INCLUSIVE
EXPERIENCE



THE STATIONS AT A GLANCE



STATION 1
Sport 1



STATION 2
Sport 2



STATION 3
Game / Movement

SPORTS CHANGE THROUGHOUT THE YEAR

A NEW SPORTING EXPERIENCE EACH TERM.



The sporting rotation gives learners exposure to a wide range of sporting codes throughout the year, developing different skills and keeping the programme fresh, varied and engaging.

FUN GAMES & WHOLE-LEARNER DEVELOPMENT

Sport should be challenging, active and, most importantly, fun. Our sessions incorporate purposeful games that develop the whole learner alongside sporting skills.



MOVEMENT

- ✓ Gross motor skills
- ✓ Coordination
- ✓ Balance
- ✓ Agility



MENTAL

- ✓ Reaction
- ✓ Concentration
- ✓ Decision-making
- ✓ Problem-solving



PHYSICAL

- ✓ Fitness
- ✓ Endurance
- ✓ Speed
- ✓ Strength



SOCIAL & EMOTIONAL

- ✓ Confidence
- ✓ Teamwork
- ✓ Communication
- ✓ Resilience



EXAMPLE COLOUR RUN-STYLE GAMES



Movement

+



Memory

+



Reaction

+



Teamwork

+



Fun



WEEKEND FIXTURES & COMPETITION

Our programme provides a clear pathway from skill development during weekly sessions to real match experience, where numbers allow, through weekend fixtures.



BUILD SKILLS

Learners develop fundamental skills and understanding during weekly sessions.



FORM TEAMS

Where there is sufficient interest and numbers, learners can be formed into teams.



WEEKEND FIXTURES

We arrange opportunities for teams to play against other schools/teams throughout the year (where numbers allow).



MATCH EXPERIENCE

Learners gain valuable match experience, building confidence, teamwork and a love for sport.



Where sufficient numbers are available for a particular sport, Play-For-All can provide opportunities for learners to progress into weekend fixtures throughout the year.



COMPLEMENTING YOUR SCHOOL'S SPORTING PROGRAMME

Play-For-All is designed to work alongside your school's existing sporting programme, expanding the variety of sporting experiences available to learners and supporting your commitment to their overall development.



MORE VARIETY

Additional sporting codes give learners the opportunity to explore new sports and discover their interests beyond the school's core offering.



MORE OPPORTUNITY

A broader programme creates more ways for learners of different abilities and sporting interests to participate, build confidence and grow.



SUPPORTS HOLISTIC DEVELOPMENT

Through exposure to a range of sports, learners develop physical skills, social skills and important life values that benefit them in and out of the classroom.



*Working together to create more active, confident
and well-rounded learners.*

PLAY

PROGRESS

BELONG

Positive
Coaches.
Brighter
Futures.



THE COACHES BEHIND THE PROGRAMME

More
Than Sport

Our programme is only as strong as the people delivering it. Play-For-All coaches bring energy, structure and sporting knowledge to every session, creating a positive environment where learners can develop and enjoy being active.



QUALIFIED ACROSS OUR SPORTING CODES

Our coaches have the necessary qualifications and sporting knowledge to coach each and every code of sport we offer through the Play-For-All programme.



ENERGETIC & LEARNER-FOCUSED

Our coaches create fun, engaging and age-appropriate sessions that support learners of all abilities and encourage a lifelong love for sport.



PROFESSIONAL & RELIABLE

Our team arrives prepared, delivers structured sessions and represents Play-For-All and the school professionally at all times.



SAFETY & ACCOUNTABILITY

All coaches are vetted, have valid first aid certification and follow safeguarding procedures to ensure a safe, positive and supportive environment for every learner.



POSITIVE ROLE MODELS



SKILLED & EXPERIENCED



COMMITTED TO LEARNER DEVELOPMENT



A TEAM YOU CAN TRUST

PLAY

PROGRESS

BELONG



GETTING STARTED

IMPLEMENTATION & NEXT STEPS

A simple and effective process to bring Play-For-All to your school.

Active
Learners
Brighter
Futures.

01



IMPLEMENTATION

We partner with the school to confirm a suitable extra-mural day, time and launch date.

Play-For-All manages the coaching team, equipment, programme delivery and day-to-day operation of the extra-mural.

02



PRICING

R200 – R300
PER LEARNER • PER MONTH

Play-For-All operates as a parent-funded extra-mural programme, with fees paid per participating learner.



Affordable access to multiple sporting codes throughout the year.

03



SAFETY & PROCEDURE

Learner safety is a priority in every session. Our coaches are appropriately vetted, hold valid first aid certification and follow safeguarding procedures. Sessions are structured, supervised and delivered in a safe, age-appropriate environment.

04



NEXT STEPS



MEET

Discuss the programme and agree on the details.



PLAN

Finalise the timetable, communication with parents and launch date.



LAUNCH

Introduce Play-For-All to learners and get the programme underway!



SIMPLE TO IMPLEMENT. AFFORDABLE FOR FAMILIES. A BRIGHTER, MORE ACTIVE FUTURE.



**MORE
OPPORTUNITIES
STRONGER
LEARNERS**

PLAY

PROGRESS

BELONG



Active
Learners
Brighter
Futures.



SPORT FOR A BRIGHTER TOMORROW

More
Than Sport

THANK YOU

FOR CONSIDERING PLAY-FOR-ALL

We look forward to creating more sporting opportunities for your learners and being part of a healthier, happier and brighter future.



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PLAY

PROGRESS

BELONG

