



M A G I C

These cards provide activities to help work on specific physical goals. On each card you will find:



Activity Instructions



How to add some additional challenges to the activity



Ideas for activity variation



Equipment needed for the activity

The main focus of the activity will be indicated by icons:



Skills &
object
control



Muscle
strength



Balance,
stability
& control



Fitness



For more information, videos, resources and activities scan here!



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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



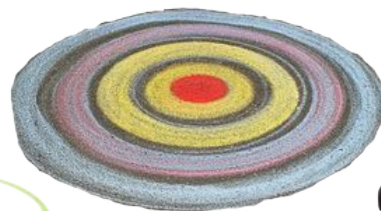


Quick guide - throwing

For under 5's the key thing with throwing is opportunity and variety rather than technique coaching. Lots of games, varying targets, and let kids throw in all sorts of ways.

- Start with rolling (+/- targets) = bowling
- Progress to releasing ball into nets/targets
- Add targets of all shapes and sizes, high and low, and let kids exploring how they want to throw e.g., knock the animals off the couch

Unlike catching, things with a bit of weight are often easier to throw than light, floaty things (like scarves or balloons)





Shrink and Grow



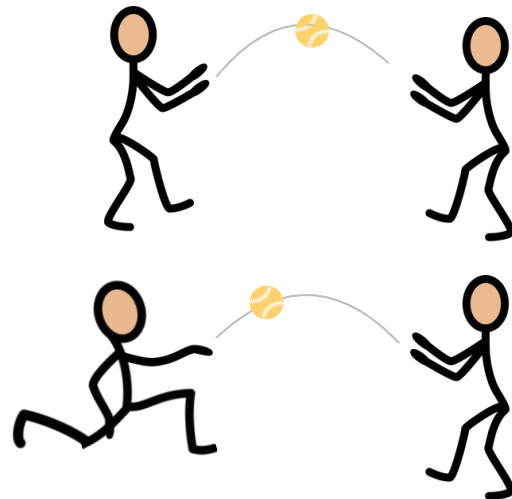
Collect some different objects to throw, and let your child pick which thing to start with
Stand facing each other and throw/catch - if you get 10 catches in a row, step further apart.
When a ball is dropped, go down on one knee. If dropped twice on 2 knees, and then sitting down.
Successful catch = stand back up



Challenge 1: See how many throws and catches you can get in a row
Challenge 2: Make it easier or harder, depending on object you are throwing and catching
Challenge 3: Try swapping your throwing and catching hands



Take a step back with every catch, and a step forward with every drop.
Remember to give your child a choice, if they choose something that is too challenging (no success), then explain why and provide an easier option



Varied objects to throw
(scarf, ball, bean bags, soft toys)
Partner



Skill



Strength



Balance



Fitness



Lava Tag



Collect things from across the house that you can step on, over, or carry - and are ok'd with parents (e.g., pillows, blankets, steps, boxes)

Scatter all the equipment around the room.

One person is the Lavamonster can only walk in lava (can't run as the lava slows them down).

The others have to navigate around the room using the obstacles so they don't step in lava, and don't get caught by the Lavamonster

If you get caught, the Lavamonster get's to set a fitness challenge (Do 10 star jumps! Do 5 push ups! Dance to a song for 30 seconds). The monster can always join in :)

Swap the lava monster every few minutes, or each time someone is caught.



Anything to create stepping stones - pillows, blankets, step, boxes, furniture - with parent ok!



Skill



Strength



Balance



Fitness





Zoo Moves



Flip a card and roll the dice.

Do a movement on the spot like the animal, and repeat as many times as on the dice.



Take it in turns to pick the card, and movement, and everyone follows.

Use different parts of the body, standing, lying, sitting = be creative

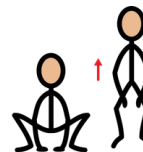
Some suggestions ...



Crab walks



Frog jumps



Crocodile crawl



Kangaroo hops



Flying birds



Animal flip cards



Skill



Strength



Balance



Fitness





Keepy Uppy



Use hands, pool noodles or sport bats to keep the balloon or ball in the air



Time or count how long you can keep it in the air

Make it harder by only in set spots - you can jump from spot to spot!



Change the item you have to keep up! Balloon or beach ball as easier, but balls that are smaller and/or heavier the object, the harder it is to keep it in the air.



Skill



Strength



Balance

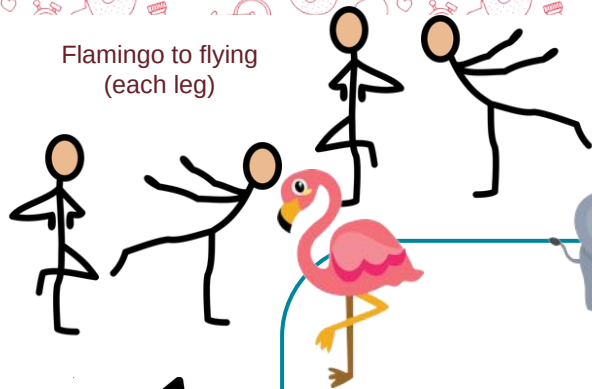


Fitness

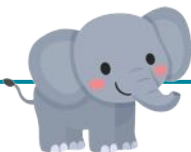




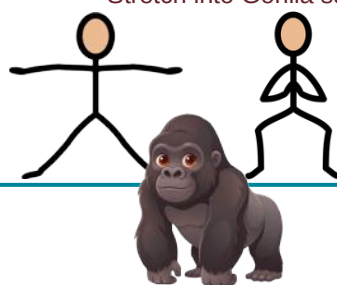
Flamingo to flying
(each leg)



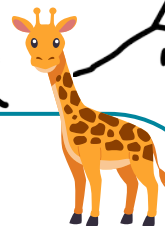
Resting Elephant



Stretch into Gorilla squat

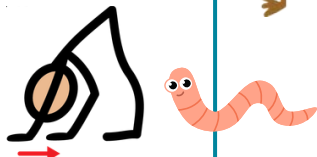


Giraffe (right
& left)



Zoo Yoga

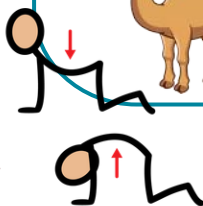
Worm walk hands
back to feet



Downward dog



Stretch like a
camel



Flutter knees like a butterfly



Snap like a crocodile



Squat to
frog



Roll like an
armadillo





motivation



autonomy



grit



interconnected



confidence

