



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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Balance Challenge Kit



Number of Pieces: 17

7 x balance beam
segments
2 x bean bags
2 x spiky domes
5 x small balls
1 x balance board



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Floor is Lava



Place the beanbags at the end of the space you have

Parent/child/sibling use the balance challenge kit to design an obstacle course to get you from one end of the space to the beanbags

Use the obstacle course to grab each beanbag and bring it back across the space

If you step off the obstacles and touch the “lava” do 5 star jumps, then keep going



Try to cross back with the bean bag balanced on your head

Time it and see how fast you can complete the course without losing your balance



Try placing the obstacles further apart to challenge you to reach further

Put all 9 pieces of the puzzle at the end. Can you stay balanced and complete the puzzle?



Balance Beam
Balance Board
Spikey Pods
Bean Bags



Skill



Strength



Balance



Fitness





Everybody's gone surfin'



Stand on the balance board, and try to keep both ends off the ground.

Added challenge - add balls to the course, and try to get them from one end to the other.



Time how long you can keep the sides off the ground, or how long it takes you to get the balls from one end.

Count the number of throws/catches you can make when balancing on the board.



Add or remove balls to make it easier.



Planet Hopper Sensory Kit
Bean Bags
Timer
Sensory Puzzle Pieces



Skill



Strength



Balance



Fitness





motivation



autonomy



grit



interconnected



confidence

