



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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Big Kick Kit



Number of Pieces: 11

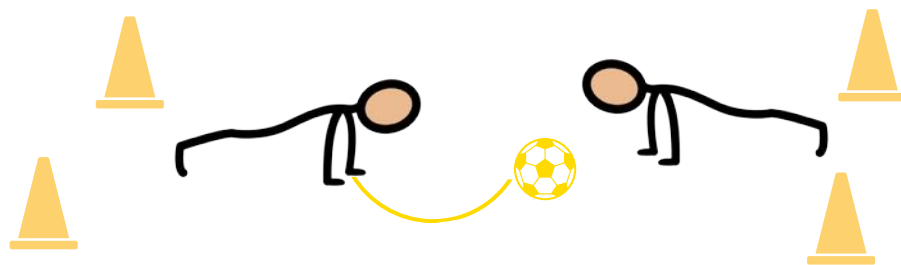
- 1 x soccer goal
- 1 x large orange soccer ball
- 1 x small soccer goal
- 5 x yellow cones
- 3 x markers



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and activities scan here!



Plank Soccer



Set up cones/markers to make 2 small goals opposite from each other.

Each person is in a plank position and either defends their goal, or shoots for a goal.

Try to get or save as many goals as possible, but stay in the plank position throughout!



Try to use different parts of the body to score a goal i.e. head or feet

Try plank with knees on the ground as a different position (half-plank)



If a plank is too challenging, start by resting on your knees and hands.

Make the goals wider or smaller to change difficulty



4 cones
Soccer ball
Partner



Skill



Strength



Balance



Fitness





Dribbling



Set the cones in a zig zag pattern. Practice little taps with the foot the ball around the cones.

See how fast you can complete the course.

The closer you make the cones the harder it gets, the further you make the cones the easier it gets



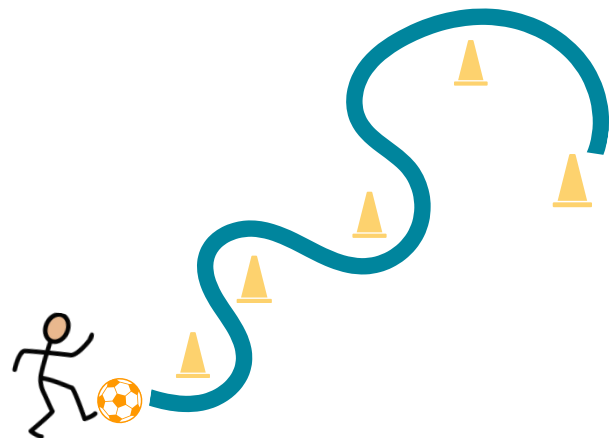
Time how long you take to complete the course, then try beat your time.



Try spacing the cones out further, to increase the running distance

Create your own course by setting up the cones in different patterns

Try adding in a goal to shoot for at the end of the course



5 cones
Stopwatch
Soccer ball
Goal
Partner



Skill



Strength



Balance

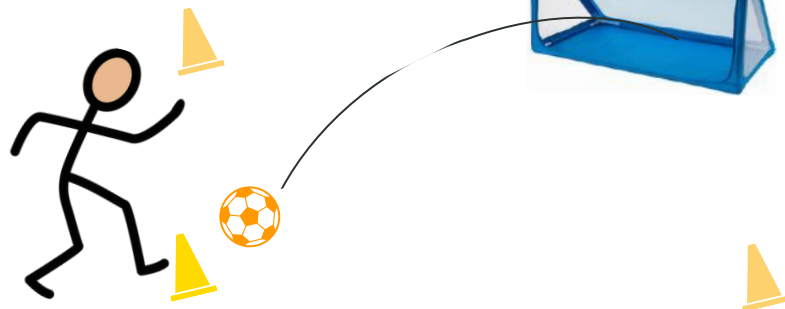


Fitness





Around the World



Set up the goal with cones in an arc around it
Kick from a cone, and if you score lean the cone over
See how quickly you can score from each cone



Time how long you take to complete the course, then
try to beat your time.
Smaller arc = easier, longer and more angles = harder



5 cones
Stopwatch
Soccer ball
Goal



Skill



Strength



Balance



Fitness





Foot-Bowl



Set up the flat marker as the start point

Set up the cones as the target (e.g., ten pin bowling)

The goal is to knock all the cones over in as few kicks as possible!



Try spacing the cones out further

Smaller ball is harder, larger ball easier (hit more cones!)

Create your own course by setting up the cones in different patterns



5 cones
Stopwatch
Soccer ball



Skill



Strength



Balance



Fitness





Dribblers and Robbers

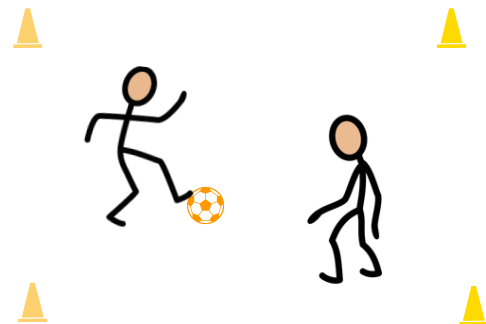


One partner will be a dribbler and the other will be a robber

Set out a small square with the cones and the players must stay in the square

The dribbler aims keep the ball by dribbling the ball around the square. Whilst the robber aims to steal the ball

When the robber gets the ball, the partners swap roles



Make the area smaller to make it harder



Introduce a goal to work on kicking and dribbling



5 cones
Stopwatch
Soccer ball
Goal



Skill



Strength



Balance



Fitness





motivation



autonomy



grit



interconnected



confidence

