



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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Bullseye Aiming Kit



Number of Pieces: 21

1 x ring toss base

12 x foam rings

2 x paddle rings

1 x pom pom ball

2 x scarf balls

2 x Velcro catch mitts

1 x Velcro catch ball



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and activities scan here!



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



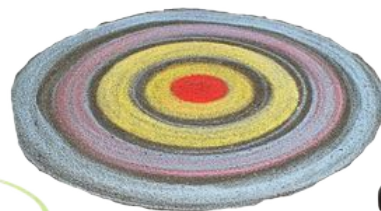


Quick guide - throwing

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)





Grippy Hands



Wear a grip hand on the non-preferred throwing hand.

One person will throw with their preferred hand, whilst the other partner tries to catch with their grip hand.

Repeat and keep throwing to each other.



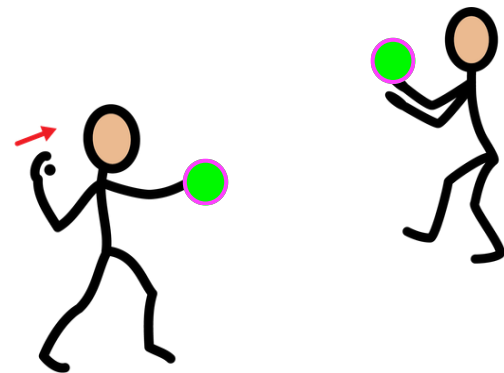
Challenge 1: See how many throws and catches you can get in a row.

Challenge 2: Start close, on each successful catch, take a step back. Any dropped catch move closer. See how far apart you can get from your partner



Try varying the heights of the throws, i.e. high, wide or low throws

Try swapping your throwing and catching hands



Partner
Tennis Ball
Velcro Mitts



Skill



Strength



Balance



Fitness





Ring Toss



Set up the ring toss base on the floor.

Sit or stand close to the base and toss the foam rings one at a time toward the pegs.

Cheer for every attempt — the goal is practicing throwing, not landing rings.



Take one small step back after each round
Try using the other hand



Call out a colour to your child, they have to pick up that colour and throw it.

Use the smaller or larger rings to change the difficulty.

Use the rings to throw, but remove the target (use mat/large space instead)

Toss Across the Body – Encourage a gentle cross-body throwing motion by standing facing in different directions.



Ring Toss Set
(Optional) some sort of marker to show where to throw from.



Skill



Strength



Balance



Fitness





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 down 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

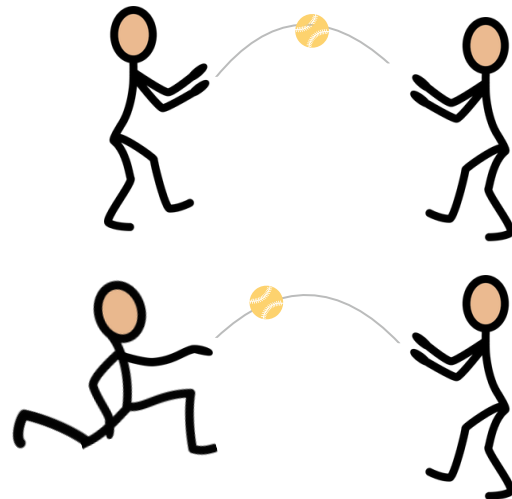
Challenge 3: Try swapping your throwing and catching hands



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

Try using a paddle or grippy hand instead.



Velcro Mitts

Tennis Ball



Scarf ball

Paddle Set

Pompom

Partner



Skill



Strength



Balance



Fitness





motivation



autonomy



grit



interconnected



confidence

