



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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Floor is Lava Kit



Number of Pieces: 23

- 6 x stepping stones
- 7 x balance beams
- 2 x bean bags
- 1 x foam dice
- 1 x start marker
- 5 x small sensory floor puzzle pieces
- 1 x star marker



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Floor is Lava



Place the beanbags at the end of the space you have

Parent/child/sibling have 2-5 minutes 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?



Planet Hopper Sensory Kit
Bean Bags
Timer
Sensory Puzzle Pieces



Skill



Strength



Balance



Fitness





Lava Crossing



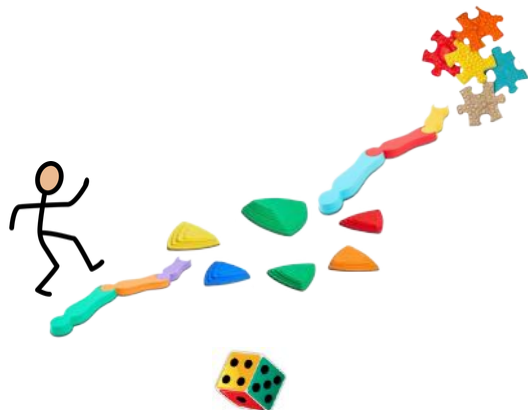
Put the start line and the star 2-4 metres apart

Scatter all the equipment between the start line and the star to make an obstacle course

Starting from the start line cross the lava river.

At the end of each crossing, roll a dice and remove that many of the obstacle pieces (childs choice).

Try and cross again



Try to crossing with the bean bag balanced on your head

Stop and Go - When you say stop, the child has to freeze and do a throw and catch with the beanbag.



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

Use other things from around the house - favourite cars to collect as you go across lava, pillows to stand on.



Balance Beams
Stepping stones
Foam Dice
Start line
Star
Bean Bags



Skill



Strength



Balance



Fitness





Lava Tag



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 you roll the dice, do that many star jumps (or other activity), and come back in.

Swap the lava monster every few minutes.



Change the activity associated with being caught

Roll the dice twice when caught and do that many repetitions of the activity.



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

Add other obstacles from home.



- Balance Beams
- Stepping stones
- Foam Dice
- Bean Bags



Skill



Strength



Balance



Fitness





motivation



autonomy



grit



interconnected



confidence

Focus on
activities
they enjoy

Give choices
and provide
reasons

Embrace
challenges
and grow
from
mistakes

Connect with
friends and
family

Provide a
supportive &
positive
environment

EMPHASISE

EFFORT

OVER

EXCELLENCE

EMPHASISE

FUN

OVER

FRUSTRATION