



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!



www.thrivinginmotion.org



0403 600 960



hello@thrivinginmotion.org





Keepy Uppy



Number of Pieces: 11

- 4 x blue flat hoops
- 2 x ½ pool noodles
- 2 x pom pom ball
- 2 x paddle rings
- 1 x inflatable beach ball

**please use straw to inflate*



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



Keepy Uppy



Use hands/noodles or paddle rings ('trampolines') 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 standing in the rings (you can jump from ring to ring)

Change the beach ball for a pom pom ball - the smaller and/or heavier the object, the harder it is to keep it in the air.

Try using hands, paddles or pool noodles.
Handicap adults and older kids, by only using 1 hand



Paddle rings
Foam noodles
Pom pom ball
Beach ball or balloon



Skill



Strength



Balance



Fitness





motivation



autonomy



grit



interconnected



confidence

