



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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Launch + Catch



Number of Pieces: 25

- 1 x sticky catch set (1 x ball, 2 x hand paddles)
- 1 x stomp rocket + 3 red soft balls
- 2 x colourful bean bags
- 3 x scarves
- 10 x coloured rings
- 4 x bean bag animals
- 2 x pom pom balls
- 2 x shooting star bean bags



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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



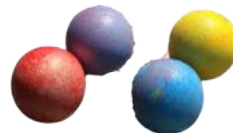
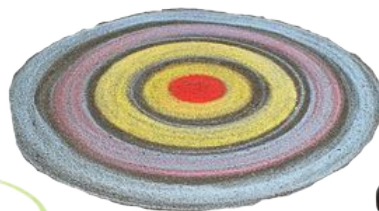


Quick guide - throwing

For under 5's the key thing with throwing is opportunity and variety rather 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

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.



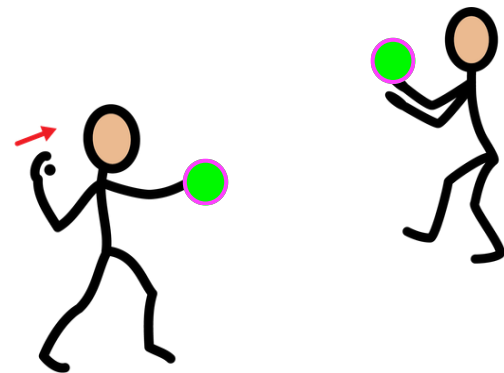
Challenge 1: See how many throws and catches you can get in a row.

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





Stomp it, Chase it



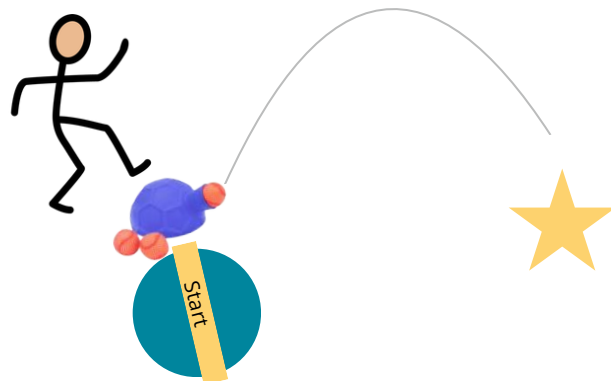
Set up the start line and the stomp launcher
Have the child hold the star and stomp the launcher to launch the ball
Have the child run out place the star where the ball is and run back
Time it and try to go as fast as they can



Try instead stomping with their non-dominant leg instead
Have the child bunny hop (do small jumps) out to the ball and back



Do a 2 footed stomp and focus on how hard they can stomp instead by getting them to pace out the distance to the ball and place the star there each time.



Launcher
3 Balls
Start Line
Star
Stopwatch



Skill



Strength



Balance



Fitness





motivation



autonomy



grit



interconnected



confidence

