



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





On Target



Number of Pieces: 9

- 1 x yellow floor target
- 4 x bean bags
- 2 x pom pom balls
- 2 x shooting star bean bags



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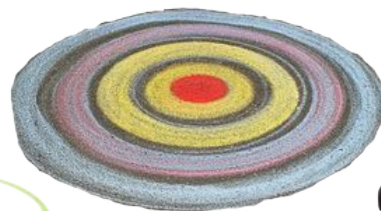


Quick guide - throwing

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.

- Starting 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)





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