



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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Planet Hopper Kit



Number of Pieces: 27

8 x balance beam
segments
8 x planet balance domes
2 x bean bags
9 x sensory floor puzzle
pieces



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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





Astronauts in Space



Place all the planets inside the balance beam ring

Walk around the beam and move each planet from the inside to the outside of the ring.



Try doing it with a beanbag on your head for a greater challenge.

If finding it too hard, have someone hold your hand when you bend down and stand up, but walk with as little help as possible.

Aeroplane arms can help with balance!



Add a specific order (e.g., colour or size) and complete the task in order



Planet Hopper Sensory Kit

Bean Bags



Skill



Strength



Balance



Fitness





motivation



autonomy



grit



interconnected



confidence

