



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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Speedster Kit



Number of Pieces: 19

- 2 x dancing ribbons
- 5 x yellow cones
- 5 x rings
- 1 x start marker
- 1 x star marker
- 3 x squishy balls
- 1 x ball launcher
- 1 x dice



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Ribbon Run



Set up the start line and the star 5 metres apart.

Roll the dice

Have your child run between the start line and the star as many times as rolled on the dice

Set a goal to keep the ribbon floating high as much as possible.



Place some cones out and have the young person zig zag through them.



Freeze and go – periodically call "freeze," requiring the child to stop on the spot, but keeping the ribbon moving and flowing - then resume running



Start



Ribbon
Start Line
Star
Dice



Skill



Strength



Balance



Fitness

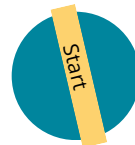




Stomp it, Chase it



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





Rocket Fuel



Set up 5 “Fuel” rings around the yard and 5 cones next to the launcher.

Each Ring represents “Fuel” for the rocket launcher

The child has to run around collect each of the rings one by one and bring them back to the cone to “Fuel” up the rocket

When the rocket is at full power they get to launch the ball by stomping on it with two feet, and measure how far it goes.



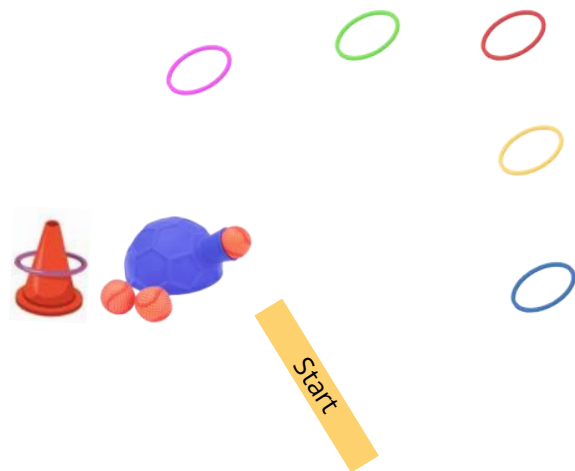
Try with a tennis ball to make it harder, or a miscelenious big ball to make it easier.

Try catching the ball one handed and swap the catching hand.



Try hiding the hoops around the yard so that the young person has to scan for them.

Try introducing a count down to see if they can fuel the rocket in time.



Launcher
Start Line
Cones and Hoop
Stopwatch



Skill



Strength



Balance



Fitness





confidence

Provide a supportive & positive environment

FRUSTRATION

