



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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Stomp, Hop, Catch



Number of Pieces: 11

- 2 x paddle rings
- 1 x pom pom ball
- 3 x squishy balls
- 1 x ball launcher
- 4 x hoops



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Shrink and Grow



Collect some different objects to throw, and let your child pick which thing to start with

Stand facing each other and throw/catch - if you get 10 catches in a row, step further apart.

When a ball is dropped, go down on one knee. If dropped twice down on 2 knees, and then sitting down.

Successful catch = stand back up



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

Challenge 2: Make it easier or harder, depending on object you are throwing and catching

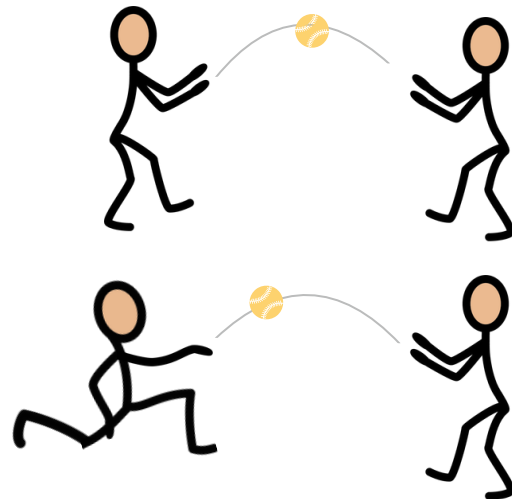
Challenge 3: Try swapping your throwing and catching hands



Take a step back with every catch, and a step forward with every drop.

Remember to give your child a choice, if they choose something that is too challenging (no success), then explain why and provide an easier option

Try using a paddle or grippy hand instead.



Velcro Mitts

Tennis Ball



Scarf ball

Paddle Set

Pompom

Partner



Skill



Strength



Balance



Fitness





Stomp Ball



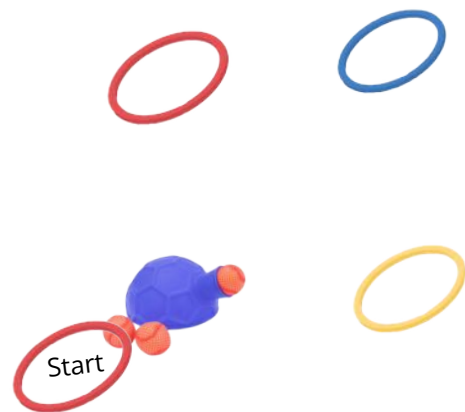
Set up the 4 hoops in a large Diamond with the stomp launcher at 'start'

Child starts at the stomper next to the start hoop and partner start in the start hoop.

Child stomps on the rocket with two feet and then tries to run around the diamond

Partner has to go and get the ball.

Partner's goal is to get to the next hoop the child is running to with the ball.



Try playing around with the distances to the hoops

Try having the child stomp with one foot

Try hopping around the hoop diamond instead of running



If you have multiple people you can have multiple "batters", and multiple fielders

Still get the fielders to all start with a foot in the start hoop



Launcher
Hoops
Partner



Skill



Strength



Balance



Fitness





Stomp it, Chase it



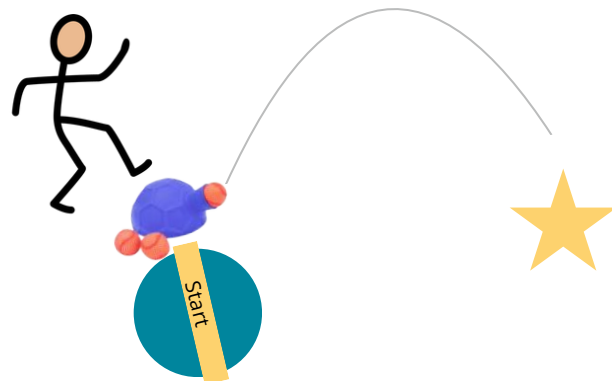
Set up the start line and the stomp launcher
Have the child hold the star and stomp the launcher to launch the ball
Have the child run out place the star where the ball is and run back
Time it and try to go as fast as they can



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





Frogger



Place markers/hula-hoops around the space + all the balls at one end

Jump like a frog as you move from hoop to hoop.

Once you have jumped like a frog through each hoop, you can collect one soft ball

When you get back load the rocket and see how far you can launch the ball.

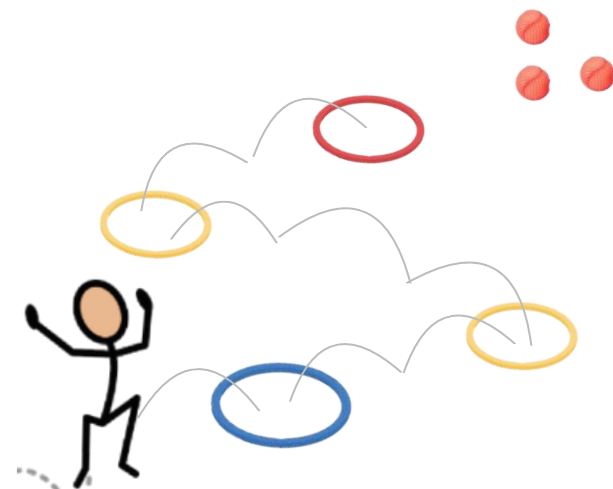
Remember: Take off with two feet and bend your knees as you land.



Try instead to collect as many items as you can in 60seconds, then have fun launching them at the end.



Try placing the hoops/markers further apart.
Try placing them closer together and jumping between each hoop in one big jump.



Launcher

3 Balls

Hoops x 4

Stopwatch



Skill



Strength



Balance



Fitness





M

motivation



A

autonomy



G

grit



1

interconnected



C

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