



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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Strength and Balance Kit

Number of Pieces: 11

2 x wobble discs

1 x web ball

2 x weighted balls

2 x theraband

2 x bean bags

2 x dice



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Strike a Pose



Both partners stand on a blue wobble disk

One partner takes turns adopting different poses by moving their torso, arms or legs. The other person has to copy it.

Example movements include moving their arms away from their body, bending their torso, or even bringing the feet together.

Swap who is the leader every 5-10 poses.



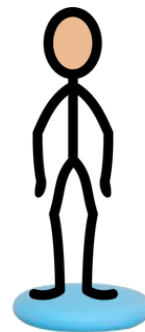
Bringing the feet together can make it harder

Throw a ball between each other - whoever has the ball strikes a pose

To make it harder Throw a beanbag



Get one partner to close their eyes and the other partner to describe what they want them to do.



Wobble Discs
Partner
Web Ball
Bean Bag



Skill



Strength



Balance



Fitness





Strength Circuit



Pick a station & roll the dice

Complete that many repeats of the exercise

Go around the circuit 2 times, roll a new dice for the station each time



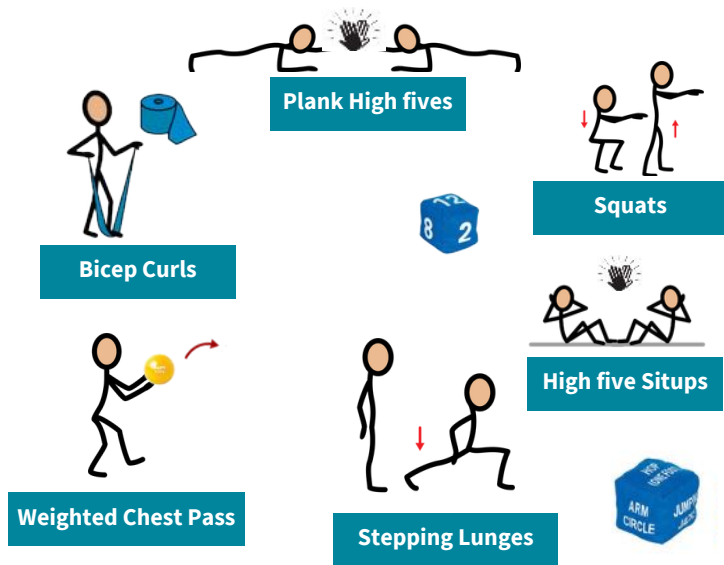
Repeat the circuit as many times as you can

Add a timed aspects, and see how quickly you can get around 1 or 2 circuits



You can do this together or in a tag team. One person works while the other person rests.

Use the other dice to add some other activities in between each station.



Exercise Dice
Weighted Balls
Theraband
Partner



Skill



Strength



Balance



Fitness





motivation



autonomy



grit



interconnected



confidence

