



confidence

Provide a
supportive &
positive
environment



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 fun home exercise activities scan here!



www.thrivinginmotion.org



0403 600 960

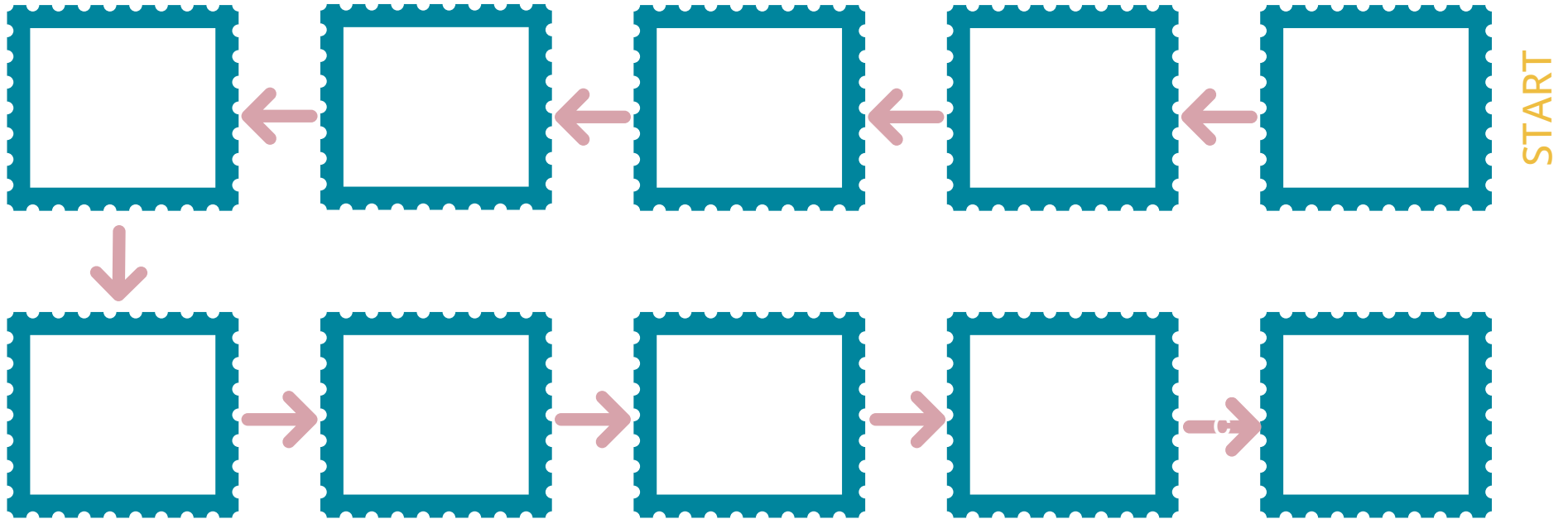


hello@thrivinginmotion.org





HOME FUN STICKER CHART



STICKER RECEIVED WHEN:

- 1.
- 2.
- 3.





Building strong + healthy young people through exercise



To help families maintain activity levels at home, Thriving created these family activity cards. Their purpose is to provide fun activities that the whole family can enjoy and continue to build strong and healthy young people outside our sessions.



Although we are not to be there for your family fun, if you have questions please let us know and our friendly team can assist!



An activity tracker (aka sticker chart) has also been provided. This can be useful for encouraging and rewarding good effort, concentration and participation! Be creative and collaborative with the whole family when developing goals.



Some activities require equipment, but we have tried to keep this to a minimum. Think outside of the box and include items from around the house. Alternatively, most items can be purchased relatively inexpensively from Kmart, Big W or similar.



hello@thrivinginmotion.org



www.thrivinginmotion.org



0403 600 960



Keep It Up



With your partner stand approximately 1-2m apart.

One person will hit the tennis ball or balloon up in the air and the other partner tries to hit it back to them before the tennis ball hits the ground.

Try to get as many hits as you can!



Try to get 10 continuous hits between partners.



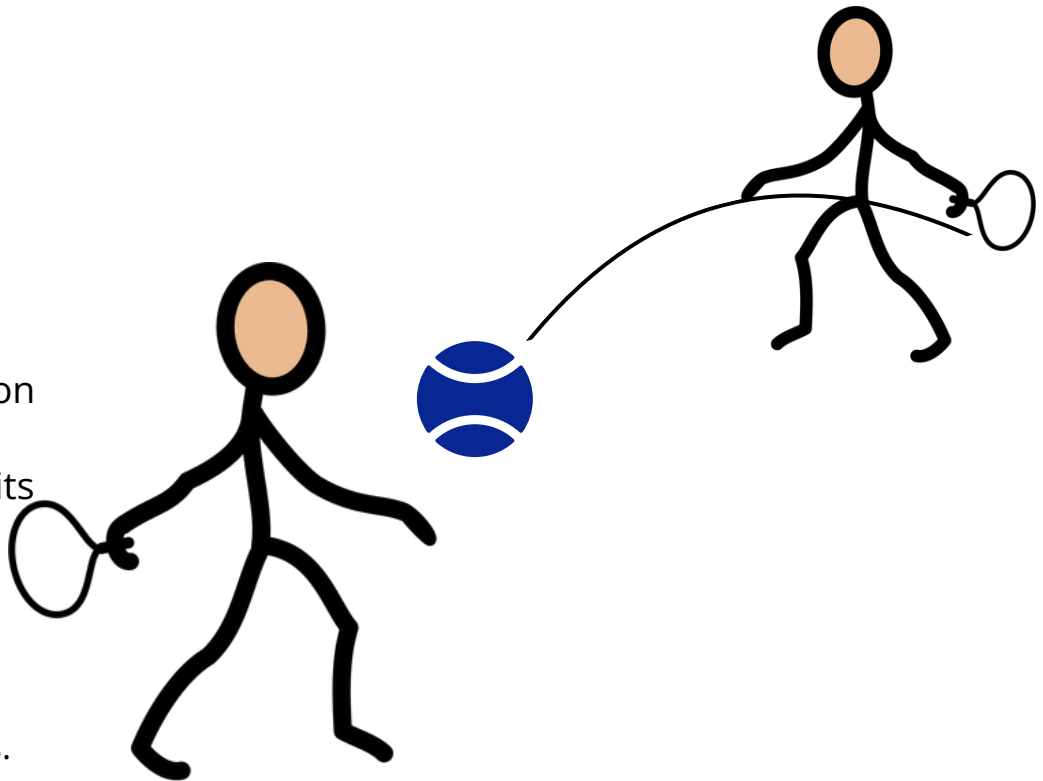
Try to get 10 bounces on your racquet.



Try standing further apart to make it more challenging



Partner, 2x tennis racquets or rolled up newspaper!



Skill



Strength



Balance



Fitness



Newspaper T-Ball



Spread 3 sheets of paper on the ground in front of the striker.

Allocate each sheet a different number of points.

Roll up the newspaper or magazine to make a bat.

The pitcher kneels down about 1 meter from the striker and throws the balloon up for the striker to hit.

Striker gets the points their balloon lands closest to.

Take 10 shots each record your score, then swap over.



Increase the distance of the markers
Make the balloon smaller, to make it harder to hit.



Paper, newspaper/magazine, balloons

"30 points"



"20 points"



"10 points"



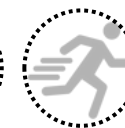
Skill



Strength



Balance



Fitness



Army Challenge



Work with your buddy to complete a circuit of exercises



Time how long it takes to complete 10 x each of the exercises, and try to beat your time

Increase the number of times you repeat an exercise to 15 and then 20!



Add some new exercises or activities to the circuit i.e.

- Backyard jogs or stair climbs
- Sit ups
- Lunges



Skill



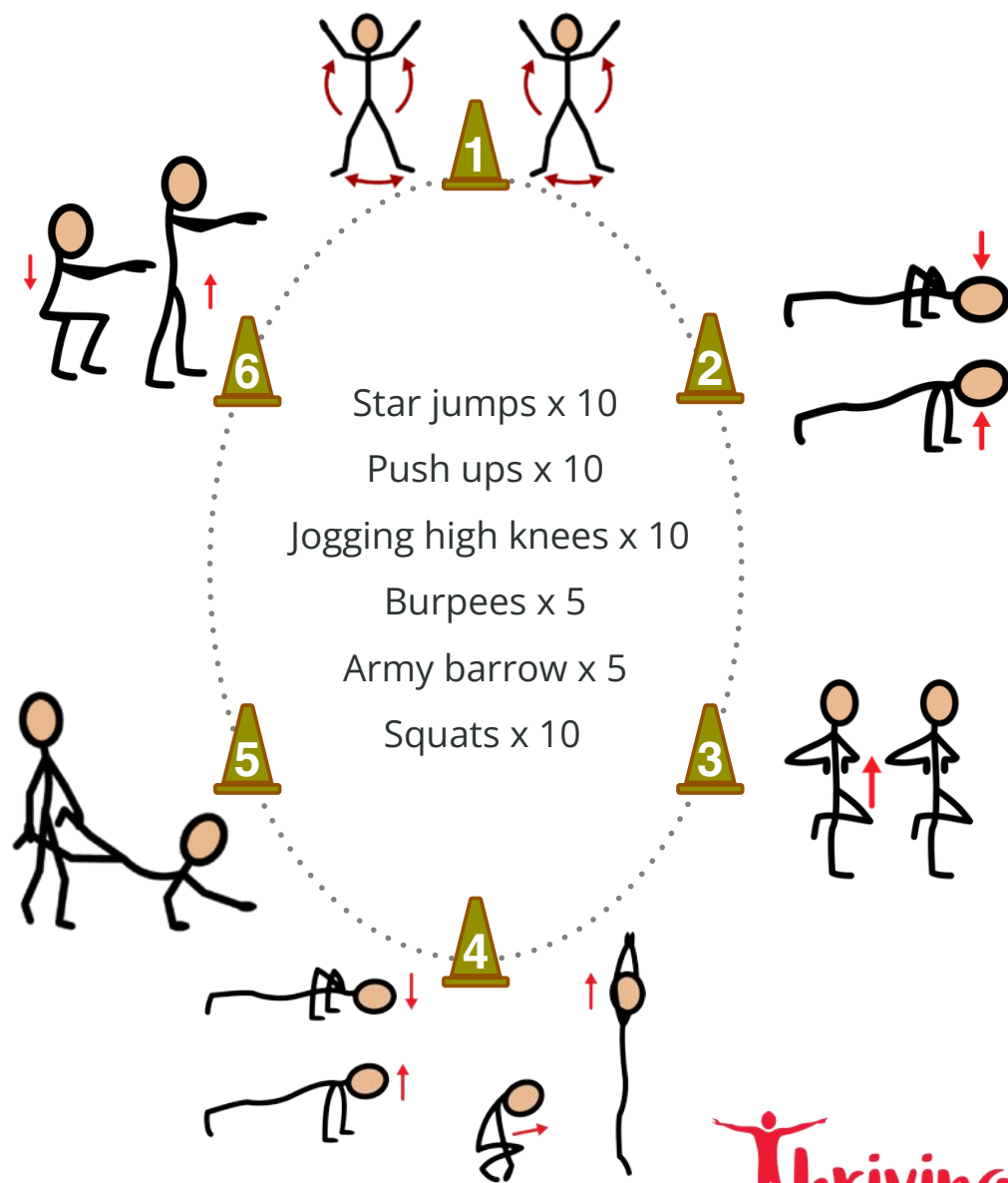
Strength



Balance

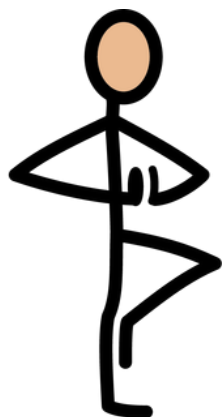


Fitness



Balancing Act

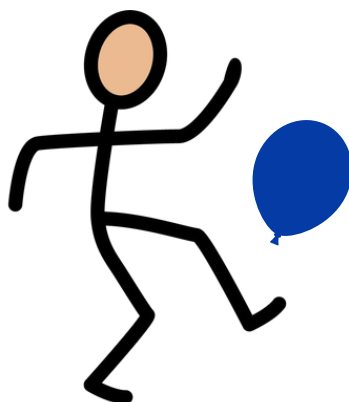
Tree



Ruler Balancing



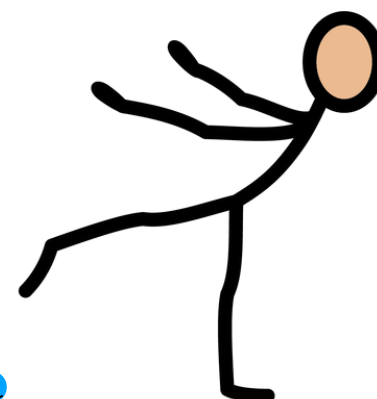
Balloon Soccer



Snake Balance



Aeroplane



Try to complete each of the activities above and hold for as long as you can.

Write down your record and try to break it next time.



Challenge 1: Try to stay balanced on one leg for 30sec, for each activity.

Challenge 2: Try to kick the balloon upwards 10x whilst balancing on the same foot.



Balloons, ruler, snake or pillow, timer and some space!



Try different objects to balance on
Try different foot positions

Try turning your head side to side, & up-down



Skill



Strength



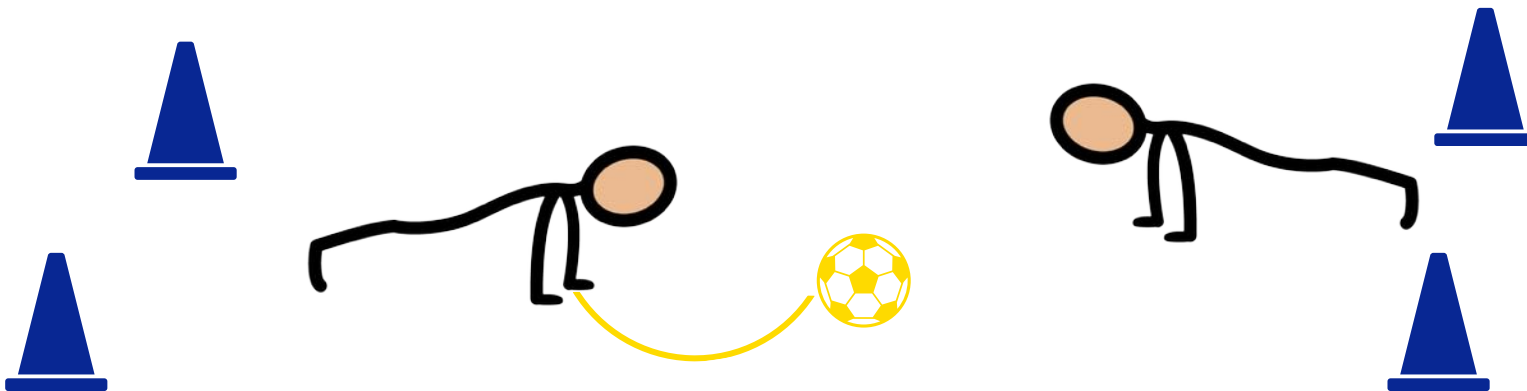
Balance



Fitness



Plank Soccer



Set up cones/markers to make 2 small goals opposite from each other.

Each person is in a plank position and either defends their goal, or shoots for a goal.

Try to get or save as many goals as possible, but stay in the plank position throughout!

Coming out of plank position = penalty shot!

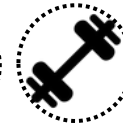


Try to use different parts of the body to score a goal i.e. head or feet

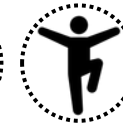
Try plank with knees on the ground as a different position (half-plank)



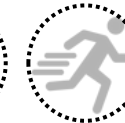
Skill



Strength



Balance



Fitness



Shrink & Grow



Choose a medium size ball to start, and stand about 2 m apart. Throw the ball to each other.

If you and your partner get 10 catches in a row, take a step back.

If a partner drops the ball once, they go onto one knee, if they drop it twice they go to 2 knees and the third drop they sit down.

If the partner successfully catches they come back up in reverse order.



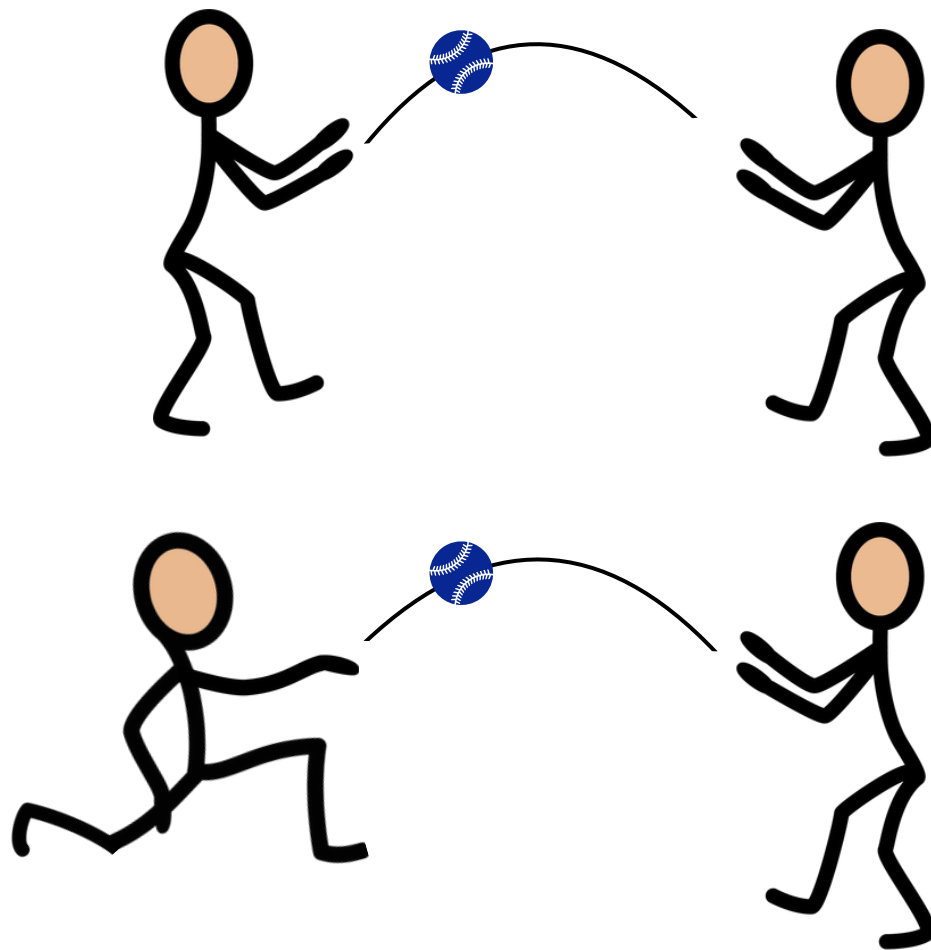
Try to get 10 catches in a row.

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



Try using a smaller ball to make it more challenging.

Try a larger distance between partners.



Partner , Various Size Balls



Skill



Strength



Balance



Fitness



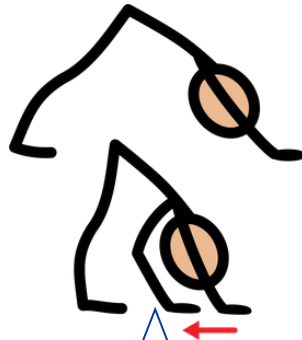
Walk like an animal



Sit on the ground facing the sky with your hands on the ground behind you.

Lift your hips to make a table, and walk sideways holding your body off the ground.

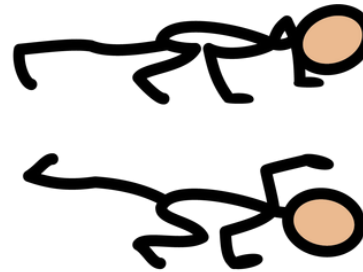
Crab



Place hands and feet on the ground with hips to the sky - upside down 'V'.

Walk your feet to your hands. Walk your hands forward away from feet and repeat.

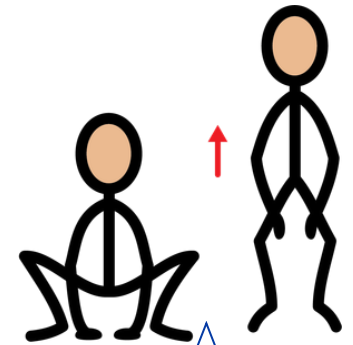
Inch Worm



Lay on the ground and push into a 'plank' pose.

Lift 1 foot and step to elbow. Keep swapping sides to move forward.

Lizard



Start in a frog squat. Put your hands on the floor between your knees.

Jump forward and land with your hands and feet on the ground.

Frog



Take turns picking an animal to imitate, "walk like an animal" for 30 seconds then pick a new animal. Keep swapping animals until you run out of ideas

See some suggestions above - but be creative and choose your own



Make the walking path more challenging i.e. steps, changing directions, sand.



A partner or two!



Skill



Strength



Balance



Fitness



Take A Seat



Find some wall space that you can lean on.

Leaning on the wall sit down like you're sitting in an imaginary chair.

Stay in this seated position and try to pass the ball around your legs.

Try get as many loops around your legs as possible.



Try to throw the ball into the air and catch it as many times as possible.

Try to bounce the ball next to you, change the hand you bounce with after 5 bounces.

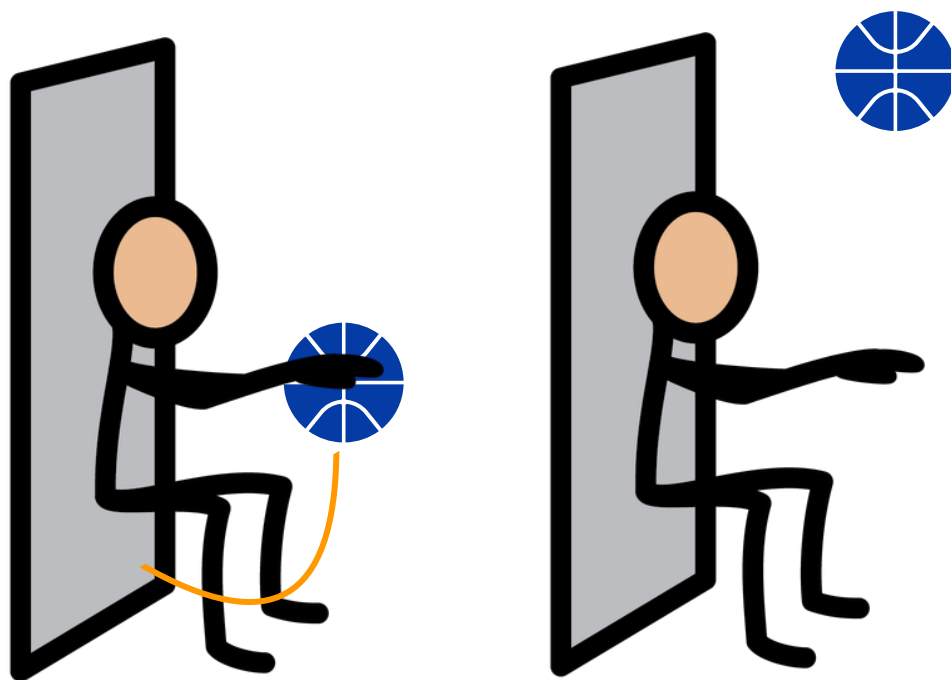


Try using a smaller ball for throwing and catching challenge.

Try with a partner and throw to each other whilst in the seated position.



Wall space and a ball



Skill



Strength



Balance



Fitness



Catching Challenge



Each partner takes turns coming up with a challenge.

Each person then tries to complete the catching challenge.

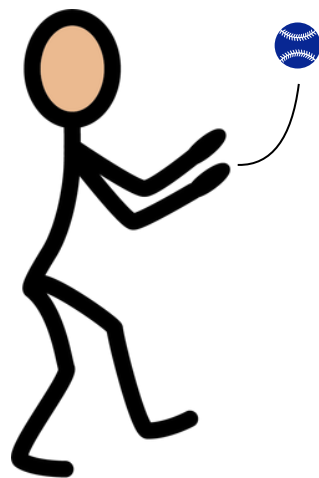
Once each partner has tried that challenge, the opposite partner calls out the next one.

Repeat until you are out of ideas!



Try these challenges:

- Throw the ball up and clap before you catch it, with each catch add an extra clap.
- Bounce the ball and catch, with each catch add an extra clap.
- Try throw the ball up and spin around on the spot and catch.



Throw



Clap



Catch



Try using different size balls.

Try throwing to each other and clapping before you catch your partner's ball.



Partner - Three different size balls



Skill



Strength



Balance



Fitness

