

Hopscotch

How to Play:

1. Draw a hopscotch playing area on the ground outside (see the example on the back of this page, or create your own design!)
2. Choose a number and use your underhand toss to aim and throw the beanbag into that square.
3. Use a 2 foot jump to move through the squares in numerical order, until you can reach the beanbag.
4. Pick up your beanbag and jump back to the start.
5. Next time, try using a one-foot hop to move through the squares and balance while you bend to pick up the beanbag. Can you hop on your right and left leg?

Equipment:

- Sidewalk Chalk
- A Beanbag or stone

Developing Skills:

- Underhand toss
- Hopping
- Jumping
- Balance

Cues:

- A jump is a 2 foot take-off and a 2 foot landing
- A hop is a 1-foot take-off and a 1-foot landing (on the same foot)
- Swing your arms from cheek to cheek when jumping
- Bend your knees when landing
- Make your arms into a T shape to balance
- Point your fingers at the target when throwing

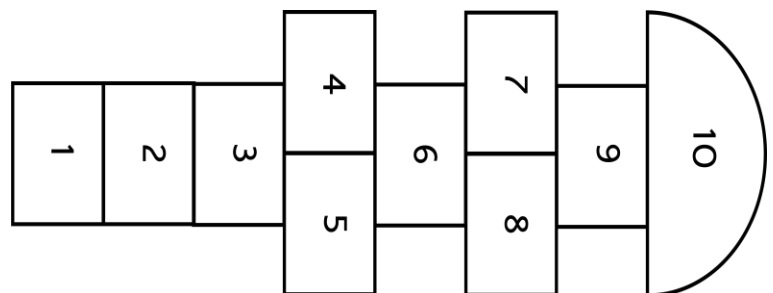
Building Confidence, Competence and Motivation

1. What is the difference between a hop and a jump? Was it easier to hop or jump when we were playing this game?
2. Do you think you are good at hopping? What about jumping? Why?
3. What are some ways that you could be a better hopper, or jumper?
4. How did you feel when you completed the hopscotch course without falling or dropping the beanbag?

Check out the following website for video examples of these skills:

<https://kiddo.edu.au/skills/hopping>

<https://kiddo.edu.au/skills/jumping>





Pirate Pathways

How to Play:

1. Use sidewalk chalk (outdoors), tape or a skipping rope (indoors) to make a pathway on the ground.
2. Pretend that the pathway is high above the ocean, a snake pit or other undesirable environment and that you have to balance as you walk along the pathways, like you are “walking the plank”.
3. Once you get good at walking this pathway, try walking it backwards. If that is still too easy, make the pathway longer, or add more turns and obstacles.

Equipment:

- Sidewalk Chalk (optional)
- Skipping Ropes (optional)
- Tape (optional)

Developing Skills:

- Balance

Cues:

- Make your arms into a T shape to balance
- Line up your front heel to your back toe to stay on the line.
- Try to look up and forward as you balance.

Building Confidence, Competence and Motivation

1. Do you think that you are good at balancing while you move? Why/Why not?
2. How do you think you could get better at balancing?
3. Why is it important to be able to balance when we are moving and when we are not moving?
4. Do you and your friends ever play games that you need to have good balance to be good at?

Check out the following website for video examples of these skills:

<https://kiddo.edu.au/skills/balancing>



Wacky Walks

How to Play:

1. Choose a destination like the corner store, the park or the community centre.
2. Travel in as many different ways as possible between light posts, fence posts, or other markers on the way to your destination. Choose a new form of movement at each marker!
3. Use movements like gallop, skip, run, side-shuffle, or crossovers. Use the curb to balance like a tightrope walker! Bring the skipping rope and see if you can skip while moving forward!
4. When you run out of ways to move, challenge yourselves to do these movements in slow-motion or high-speed.

Cues:

- Remember that galloping is “heel-toe, heel-toe”
- Remember that skipping is “step-hop, step-hop”
- Lift your knees and swing your arms when skipping
- Make a T shape with your arms for better balance

Building Confidence, Competence and Motivation

1. Which part of the walk was your favourite? Why?
2. Which part of the walk was your least favourite? Why?
3. Do you ever move like this at school or when you are playing with your friends? Do you think that you could?
4. What is the difference between a skip and a gallop?

Check out the following website for video examples of these skills:

<https://kiddo.edu.au/skills/skipping>

<https://kiddo.edu.au/skills/running>

Equipment:

- Skipping Rope (optional)

Developing Skills:

- Gallop
- Skip
- Jump
- Run
- Balance



Musical Statues

How to Play:

1. Use a large open space, either in the house or outside, and choose some upbeat music that you enjoy.
 2. When the music is turned on move around the open area.
 3. When the music stops, you must stop moving as quickly as possible and balance on one leg until the music starts again.
- Start by marching like a soldier for a few rounds before moving to a jog and finally a run.
 - If you are playing inside, and you do not have enough room, choose another way to move (dance, skip, gallop, sidestep or walk).
 - If balancing on one leg is too advanced (or becomes boring) try balancing on 2 feet spread wide apart, 2 feet squished close together, one arm and one foot, just your bottoms or any other way you can think of!

Equipment:

- Upbeat Music

Developing Skills:

- Run
- Start and Stop
- Static Balance
- Skip
- Gallop
- Sidestep
- Dance

Cues:

- When marching, walking or running, arms and legs should swing opposite to each other.
- Remember to bend your elbows and pump your arms when running.
- Make your arms into a T to help you balance on one foot.

Building Confidence, Competence and Motivation

1. Remind your child that balancing is very hard, especially on one foot. Remind them that falling over is part of learning and encourage them try again. Practice makes Perfect!
2. Is it hard or easy to stop quickly after walking? After jogging? After sprinting as fast as you can? Why?
3. Is it harder to balance on one foot or two feet? What do you do to make balancing on one foot easier?
4. Do you ever have to balance on one foot when you are playing games or on the playground? When?

Check out the following website for video examples of these skills:

<https://kiddo.edu.au/skills/running>

Horse Races

How to Play:

1. Talk about how horses move and what it means to gallop.
2. Set up a racecourse for to use for your horse races by making a start and finish line using the sidewalk chalk, stones, tape etc...
3. Take turns seeing who can gallop through the course the fastest and the slowest.
4. Add in “jumps” using sidewalk chalk, lines on the sidewalk, tape, the hockey stick, or anything else you can find!

Cues:

- Remember that galloping is “heel-toe, heel-toe”
- Swing your arms from cheek to cheek when jumping and land on 2 feet.

Building Confidence, Competence and Motivation

1. Do you like to Gallop?
2. Do you ever gallop with your friends at school or when you play? Why/Why not?
3. Do you think that galloping would help you to be better at any sports or activities that you like to play? Why/Why not?

Equipment:

- Hockey Stick (optional)
- Sidewalk Chalk (optional)

Developing Skills:

- Gallop
- Jump

Check out the following website for video examples of these skills:

<https://kiddo.edu.au/skills/jumping>

Distance Partner Toss

How to Play:

1. Use chalk to draw 2 parallel lines on the ground, so that you both can stand facing each other, with lots of space behind you.
2. Start with an underhand toss to send the beanbag to your partner to catch.
3. Take one step back from the line for each successful toss and catch.
4. Each time one of you cannot catch the beanbag, use the chalk to mark your best distances and start from your initial lines.
5. If you are very good at the underhand toss and catch, and you are far away from each other, switch to use an overhand throw.

Equipment:

- A Beanbag
- Sidewalk Chalk

Developing Skills:

- Underhand Toss
- Overhand Throw
- Catching

Cues:

- Step with your opposite foot and point your fingers at the target when tossing.
- Bring the beanbag in close to your body when catching.
- If the beanbag is above your waist, thumbs together!
- If the beanbag is below your waist, pinkies together!

Building Confidence, Competence and Motivation

1. What other sports or activities would you want to be able to throw something really far? What about with really good aim?
2. Why do you think we point our fingers and look where we want the beanbag to go?
3. Would you ever play this game with your friends? Would you feel good about your throwing and catching skills if you played with your friends? Why/Why not?
4. How did you feel each time you passed your old record?

Check out the following website for video examples of these skills:

<https://kiddo.edu.au/skills/overarm-throw>

<https://kiddo.edu.au/skills/catching>



Kick Bowling

How to Play:

1. Use empty yogurt containers, plastic cups, or anything else you can find to set up targets in the yard, driveway, or living room. If you are playing outside, you can use sidewalk chalk to draw targets on a fence, tree, or wall!
2. Draw a line 1-2 metres away from the targets and place the ball on the line.
3. Take turns using the inside of your foot to send the ball along the ground towards a target to knock it over.
4. Keep track of who hits more targets, or try to beat your own score from the previous round!
5. When this gets too easy, move further away from the targets, or add in an obstacle like a bucket over which you must kick the ball!

Equipment:

- Small ball
- Some targets (milk cartons, plastic cups, yogurt containers etc...)
- Sidewalk Chalk (optional)

Developing Skills:

- Kick

Cues:

- Remember to plant your foot beside the ball and kick with the inside of your foot
- Point the inside of your foot where you want the ball to go

Building Confidence, Competence and Motivation

1. What other sports and activities would you want to know how to kick a ball far? What about with really good aim?
2. Could we play this game inside/outside?
3. Would you ever play this game with your friends? Why/Why not?
4. How do you feel when you use good aim to knock down the targets?

Check out the following website for video examples of these skills:

<https://kiddo.edu.au/skills/kicking-soccer>



Build Your Own Obstacle Course

How to Play:

- Collect any equipment that you would like to use for your obstacle course.
- Together, plan and “build” a challenging obstacle course.
- Some tasks you might want to include are:
 - Jumping and hopping over/in things
 - Different ways of moving like running, crawling, galloping, skipping and hopping
 - Balancing on a small area like a bucket
 - Balancing while moving along a board
 - Making 3 catches or throws before moving on to the next stage
 - Kicking a ball into a goal

Cues:

- Be as creative as possible!
- Challenge yourselves to beat your best time, or challenge yourselves to build the longest/craziest obstacle course.
- Parents and children each build your own course and challenge each other to complete it.
- Focus on doing the movement correctly using the cues from other activities.

Building Confidence, Competence and Motivation

- What is the most difficult part of your course? Why?
- What is the easiest part of your course? Why?
- Did you feel better completing the course that you designed or the one that someone else designed?
- Why did your time get better the second or third time that you did the obstacle course?

Check out the following website for video examples of these skills:

https://activeforlife.com/resource/fundamental-movement-skills-videos/?utm_source=Newsletter+English&utm_campaign=b72a09e9b9-

Equipment:

- Everything and Anything that you want to use!

Developing Skills:

- Skip
- Gallop
- Balance
- Overhand Throw
- Catch
- Kick
- Run
- Jump
- Hop

Timing Trick Throws (and Catches!)

How to Play:

1. Use an underhand throw to toss a beanbag or ball straight into the air above your head.
2. Try to catch the object with two hands. When you have mastered that, try to catch it with one hand.
3. When you've become really good at catching, toss the ball in the air and try to do a trick before you catch it.

A

trick could be counting the number of claps, spins, or ground touches you can do before catching the object-or create your own trick! Challenge each other to do the same tricks but remember that it only counts if you can catch the object at the end!

Cues:

- Keep your eye on the ball/beanbag.
- When catching, reach for the object and pull it towards your body.
- If the ball is above your waist, thumbs together!
- If the ball is below your waist, pinkies together!

Building Confidence, Competence and Motivation

1. How do you change your hands when you're catching the ball high and when you're catching the ball low?
2. How do you feel when you can catch the ball after a trick and not drop it?
3. What other activities do you play where it would be important to catch well?
4. Do you ever work on catching at school or with your friends? Do you think you could play this game with your friends at recess?

Check out the following website for video examples of these skills:

<https://kiddo.edu.au/skills/catching>

Equipment:

- Ball or Beanbag

Developing Skills:

- Catch
- Underhand Toss



Kick Cricket

How to Play:

1. Choose a large open area in the backyard, field or playground. Set up the pylons so that they are 2-3 metres apart.
2. The “kicker” will start at one of these pylons with the ball on the ground in front of them. When they kick the ball into open space, the other player must retrieve it and bring it back to the pylon.
3. The goal of the game is for the kicker to get as many runs as possible before the retriever brings the ball back, A run is scored every time the kicker touches a pylon.

Kickers should run full speed, come to a stop, bend down to touch the pylon *and then* turn around to run back to the other pylon.

4. Take turns being the kicker and the retriever!

Cues:

- Plant your non-kicking foot beside the ball
- Kick the ball using the side of your foot
- Stop on your feet before reaching for the pylon

Building Confidence, Competence and Motivation

1. Why is it important that you stop on your feet (instead of sliding or falling to stop)?
2. Where should you kick the ball to get the most runs?
3. Did you enjoy being the kicker or the retriever better? Why?
4. What would make you a better kicker? How can you improve your kicking skills?

Check out the following website for video examples of these skills:

<https://kiddo.edu.au/skills/kicking-soccer>

Equipment:

- Soccer Ball
- 2 Pylons or other Markers

Developing Skills:

- Start and Stop
- Run
- Kick
- Sending objects into open space

Mini-Stick Madness

There are TONS of places and activities that you can do with mini-sticks!

Consider the following locations:

1. Field Hockey

- On nice, dry days, use your mini-stick with a small ball outside on a grassy surface!

2. Road Hockey

- When the grass is a little bit wet, use your mini-stick with a small ball in the driveway or in an empty parking lot!

3. Hockey Night in the Basement

- For days or nights when you need to be inside, any hallway, kitchen or bedroom can be transformed into your favourite arena. Use the mini-stick and a soft, foam puck or ball.

Equipment:

- Mini-Stick
- Small Ball
- Puck

Developing Skills:

- Run
- Agility
- Accuracy and Aim
- Object Manipulation

Ideas for Playing with Mini-Sticks:

1. Make a goal out of 2 pylons, sticks, empty containers or pillows. You can also draw a goal on the wall using sidewalk chalk if you are playing outside, or tape if you are playing inside. See how many times you can get the puck or ball in the goal and move further away from the goal as your shots get better and better.
2. Create an obstacle course to work on your stick handling. Can you go around 2 pylons without losing the ball or puck? How fast can you move from one end of the driveway to the other?
3. Test your balance by holding the mini-stick with 2 hands and place the puck on the other end of the stick. How long can you keep the puck balanced on your stick? Can you walk forward without it falling off?
4. Play one-on-one and see who comes out on top!

Cues:

- When holding the stick, your writing (dominant) hand should be closest to the bottom with the other hand closer to the top of the stick.
- Use soft taps when hitting the ball or puck to help keep it close to you while moving.

Building Confidence, Competence and Motivation

1. What sports and activities use a stick like this one? (You can introduce your child to field hockey and road hockey using videos found on the Internet).
2. Do you think it would be more difficult or less difficult to do these activities with skates on ice?
3. Do you think it is good to practice using a hockey stick even if we are not on a hockey rink?

Check out the following website for video examples of these skills:

<https://kiddo.edu.au/skills/running>