

How to use the Activity Cards

Below is an example of an Activity Card that you will find in the backpack each week.

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.

Equipment:

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

Developing Skills:

- Gallop
- Jump

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?

How to Play:

This sections explains how to set-up, and play the game or activity.

Cues:

It is important that children learn how to perform skills *properly* from a young age.

This section has some cues for how to perform the skills you are using correctly.

You can explain what these mean to your child and then repeat as necessary for a reminder.

Horse Races

Equipment:

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

Developing Skills:

- Gallop
- Jump

The Green Box

This box will quickly tell you what equipment you will be using and what skills you will be working on for each activity.

Often, equipment is optional, or you can use household items such as tape, Tupperware containers or pillows.

Building Confidence, Competence and Motivation

It is important for children to develop physical skills, but it is also important for children to be excited and confident when performing and talking about physical activity.

This section contains questions that can be used to guide discussions with your child(ren). They are meant to help your child(ren) understand the movements, feel confident about using them in a variety of situations, and create excitement about including physical activity into their playtimes.