

Q4: Family

ACTIVation

Pack



INSTRUCTIONS

- Find a safe and suitable play area (inside or outside).
- Select a card at random from the twelve Skills Cards and GET ACTIVE.
- Practice the skill &/or play the game detailed on the card
- Choose a new card when you are ready and play for as little or as long as you like
- Have fun!

Tips for teaching kids movement skills

- Be a **role model**, show **enthusiasm** and **patience** to create a **positive**, fun learning environment.
- **Join in** as much as possible and **play some games and activities that kids suggest**. Children enjoy making up and playing their own games.
- **Get to know the basic movement skills** and 'what to look for' so you can **provide simple and positive tips** to help kids develop competence and confidence over time.
- **Provide feedback** on how to perform the skill eg. "That was a great effort. This time let's put the other foot forward". Providing feedback to kids on what they need to do to improve their skills greatly enhances their learning.
- Record some video footage of kids performing skills and playing games. Play it back for them to see. This is a great form of feedback that really speeds up learning.
- **Focus on one part of a skill at a time** and keep time to a minimum between giving an instruction and allowing a child to practice.
- **Ensure kids experience success**. Draw attention to correct performance rather than mistakes.
- **Keep explanations very brief**, ie. Seconds not minutes. Maximise 'doing' time.
- Don't spend too much time just practicing the components of the skill... boring. Quickly move on to **play a fun game or activity that practices the skill**.
- Explain to kids that **everyone makes mistakes, it's OK and it's a positive part of learning**. It can take time to learn the basic movement skills.

and always remember:

- **Don't play games and activities for extended periods in hot conditions**. Children are not able to regulate heat as well as adults.
- Always provide sun protection if outside ie. **Slip, Slop, Slap & Wrap**. Seek shade or **avoid outdoor activities in an unshaded area between 11am and 3pm during Daylight Saving time**.
- **Provide and encourage kids to drink water before, during and after being active**. Get kids to drink 150–300ml of water before, 75–200ml every 20 minutes during and 500–1000ml after they have finished playing.
- If going out for a couple of hours, **pack some fruit or healthy snack food to keep up energy levels and concentration**.
- **Be ready for minor accidents with a basic First Aid kit**. Make sure you have the knowledge and skills to use it if you need to.
- Be sure to **make sessions fun and frequent!**



Skill Card 1

Teach kids to Balance (on one foot)

Balance is an essential part of almost all movement skills. Balance on one foot is an important skill that is used in gymnastics, dance, diving and many team sports.

What to look for:

- Support leg still, foot flat on the ground
- Non-support leg bent, not touching the support leg
- Head stable, eyes focused forward
- Trunk stable and upright
- No excessive arm movements





GAMES CARD 1

Fun Balancing Games

Monument (♣♠) – try balancing on low structures like a chair (variations with different legs, one eye, both eyes closed), see how long you can last. Introduce themes like pose as an animal (bear, lizard, kangaroo, chicken) or a sport (hockey, rugby, javelin etc.)

Statuses (♣♠♣♠) – play music and dance or nominate movement like walk, skip, hop. When music stops freeze on one foot. You can nominate a spot to get to and freeze eg. on the chair, on the step, on the retaining wall.

Home Circuit (♣♠♠) – Include a one legged balance for a count of 10 in a circuit of activities to do around the lounge room or backyard eg. 10 push-ups on knees, 10 star jumps, 10 arm lifts above head with can of baked beans in each hand, 10 secs running on the spot, 10 sec static balance. Write each activity on a piece of paper and place around (you can add a travelling activity like skipping between stations). Time each circuit and maybe challenge friends or family.

KEY: ♣ = can be played by one person, ♠ = needs more than 1 player,
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Skill Card 2

Teach kids to Sprint Run

The ability to perform a sprint run is the key to many games, sports and everyday activities. The ability to sprint run can improve speed and endurance, which in turn may also enhance health-related fitness by improving cardiorespiratory endurance.

What to look for:

- Lands on ball of the foot
- Non-support knee bends at least 90 degrees during the recovery phase
- High knee lift (thigh almost parallel to the ground)
- Head and trunk stable, eyes focused forward
- Elbows bent at 90 degrees
- Arms drive forward and back in opposition to the legs





GAMES CARD 2

Fun Running Games

Bullrush (♫) – Also called Cocky Laura or British Bulldog. As few as three people can play this. Mark out a court. One person is 'It', other players line up behind line at one end of court. 'It' calls "Bullrush". Players try to get to other end without being caught. If you are caught you help "It". Last person caught is next "It".

Run To Touch (♣) – call out various objects in the yard to run and touch, returning to the start ASAP. Time your performance.

Handball Rounders (♣♣) – set up two shoes as bases about 12 paces apart. Batsmen throws ball in the air and strikes it with the flat of the hand (you get 3 chances to hit it well). When the ball is hit the batsmen can score a run by racing around the other base and back. Batter out if fieldsmen catch on the full or get the ball to touch a base before batsmen gets back.

Treasure chest (♣♣•) – spread a variety of objects out on the ground. Time the person gathering all the objects back into a bucket one at a time. Variation – Scavenger Hunt – call out a letter, participants are given a time limit to go and gather as many objects as possible beginning with that letter (time them putting them back for another race!)

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Skill Card 3

Teach kids to Jump

The vertical jump is a skill that involves being able to jump as high as possible. It is the basis for jumps used in gymnastics, some forms of dance and a range of sports. It is similar to the standing broad jump.

What to look for:

- Eyes focused forward or upward throughout the jump
- Crouches with knees bent and arms behind the body
- Forceful forward and upward swing of the arms
- Legs straighten in the air
- Lands on the balls of the feet and bends knees to absorb landing
- Controlled landing with no more than one step in any direction





GAMES CARD 3

Fun Jumping Games

Different Jumps (↑↑) – Make up jump sequences that last 30 secs (1 to 2 feet, crouch start, forwards, backwards, sideways)

Rope Jumping (↑↗) – try variations such as forwards and backwards, double jumps, short and long ropes. Variation – try jumping a long rope holding plastic cups filled to the brim with water. Person with the most water left in their cup wins.

Elastics (↑↗•) – You'll need a piece of elastic about 2 metres long. Use chair legs to hold elastic in place. Make up your own jumping routines. Songs or rhymes increase the fun. Here's one to get you started; 'England, Ireland, Scotland. Wales. Inside, Outside, Puppy Dog Tails!' Start at ankle height and work your way up.

Shape Jumping (↑↑) – jump from a low platform to make a shape in the air (wide, curled, thin, twisted). Land motorbike style in a hoop

Make your Mark (↑↗) – hold a piece of chalk, jump from the ground and leave a chalk mark on the wall as high as you can.

Forbidden Fruit (↑↗•) – Hang an object from a string from a tree limb or other structure. Hoist it up and see how high you can go.

Sack Races (↗) – use old pillow cases or tie legs together

Leapfrog (↗) – Start by having the person being jumped over kneeling in a tucked position. Work up to bent over with hands on knees.

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Skill Card 4

Teach kids to catch

Catching is a skill that involves being able to absorb and control the force of an object with a part of the body, preferably the hands. The ability to catch is important to most sports and games that involves an object, for example, cricket, football codes, netball, basketball, rhythmic gymnastics and playground games.

What to look for:

- Eyes focused on the object throughout the catch
- Feet move to place the body in line with the object
- Hands move to meet the object
- Hands and fingers relaxed and slightly cupped to catch the object
- Catches and controls the object with hands only (well-timed closure)
- Elbows bend to absorb the force of the object





GAMES CARD

4

Fun Catching Games

Catching Variations (↑♣♠) – different types of balls, (even rolled up socks), one handed, one bounce, high balls, rolled balls, consecutive catches, bounced off a wall, thrown while catchers back is turned, turn quickly on command and attempt catch, vary distances

Bean Bag Drop (♣♠♠) – Stand facing the child about 1 metre in front. Hold a beanbag in each hand at about eye height. Drop one, child tries to catch before it reaches the ground.

Tricky Catches (↑♣♠) – Partners take turns throwing the ball up for themselves making up a tricky catch eg throw, clap twice, catch

Hot Potato (♣♠♠)

Step Back (♣♠♠) – Take one step back each time a successful catch is made. How far can you go?

Spot the Difference (♣♠♠) – Thrower has three different balls or other objects to throw. Keep them hidden from partner. Throw one at a time. Catcher has to name the object before catching it for a point.

Shrink and Grow (♣♠♠) – In pairs, take 10 catches in a row – take a step back, drop the ball once – go to one knee, drop twice – 2 knees, third drop – sit. Successful catch means person comes back up in reverse order.

Sevens (↑♣) – Throw a tennis ball against a wall and catch. Make up a sequence of ever more difficult throws and catches. First throw and catch do once, 2nd throw and catch do twice, continue until the 7th throw and catch which needs to be completed 7 times eg. 1 x 2 hands, 2x right hand, 3 x left hand, 4 x one bounce, 5 x 2 claps and catch etc

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Skill Card 5

Teach Kids to Hop

Hopping is a continuous rhythmical skill, characterised by taking off and landing on the same foot. It is used in many dance forms, in athletics in the triple jump and in many playground games, such as hopscotch. It is a good indicator of being able to maintain balance while moving, which is often referred to as dynamic balance.

What to look for:

- Support leg bends on landing, then straightens to push off
- Lands and pushes off on the ball of the foot
- Non-support leg bent and swings in rhythm with the support leg
- Head stable, eyes focused forward throughout the jump
- Arms bent and swing forward as support leg pushes off

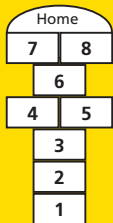




GAMES CARD 5

Fun Hopping Games

Hopscotch (♣♣♣♣) – Just as much fun now as it was when your grandparents played it! Show your kids how. Need a reminder?



Find a piece of concrete and draw this on with some chalk or use masking tape inside on a rainy day. Each player needs a pebble or bottle cap etc. Throw your pebble into the first square, if you miss your turn is over. Hop on every square, missing the one with the pebble, and hop back. Pick up your pebble (still on one foot) on the way back. Repeat for all squares. If you step on a line, miss a square, touch the ground with your other hand while your picking up your pebble, or fall over your turn is over. Next turn start where you left off. First to complete the lot wins.

Hopo Bumpo (♣) – In a confined area with a friendly fall surface attempt to be the last one hopping (no limit on participants). Holding one foot up behind you with one hand you need to keep hopping, not put your foot down or fall, and stay within the play area. Reasonable bumping is allowed to topple other participants. You can't use your free arm to push!

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Skill Card 6

Teach kids to Side Gallop

The side gallop or slide is a unique movement skill in that the individual is moving sideways while the body and sometimes eyes are facing forwards. It is a basic skill used in many sports and games, such as softball, basketball, touch and racquetball. It is also used extensively in dance.

What to look for:

- Smooth rhythmical movement
- Brief period where both feet are off the ground
- Weight on the balls of the feet
- Hips and shoulders point to the front
- Head stable, eyes focused forward or in the direction of travel





GAMES CARD

6

Fun Side Galloping Games

Obstacle courses (↑/♣•♠) – Set up things to climb over, under, through or along, side gallop to each station – use your imagination.

Here is one to get you started – Action Hero Challenge;

1. Laser Beam – Lay a broom across the backs of two chairs and limbo underneath, 2. Shot in leg Agent Injured – hop to next station
2. Agent Injured – hop on the spot for 10 hops.
3. Cave Slither – make a tunnel by putting a blanket across the back of two chairs and crawl through on stomach
4. Stealth Move – pretend to be a Ninja. Side gallop to next station
5. Log Balance – set up a plank of wood or bench to walk the length of
6. Undercover – on the same plank of wood or bench, hover low and balanced, look left, look right twice
7. Crocodile leap – mark a suitable space to leap over (use hose, sticks, shoes, whatever)
8. Under Attack – lay out 4 tin cans or similar about half a metre apart and run a zig zag pattern through the obstacles as fast as you can. Beat your best time or challenge a friend or adult.

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Skill Card **7**

Teach kids to Skip

Skipping is a rhythmical skill that is basic to many children's games. It is also fundamental to good footwork in numerous sports, such as basketball, netball and touch, and many forms of dance

What to look for:

- Shows a rhythmical step-hop
- Lands on ball of the foot
- Knee of support leg bends to prepare for hop
- Head and trunk stable, eyes focused forward
- Arms relaxed and swing in opposition to legs





GAMES CARD 7

Fun Skipping Games

Skipping Challenge Course (♣) – eg. Skip to the clothesline, skip to the back fence, skip to the BBQ, skip to the back shed etc.

Skip Dance (♣♣♠) – Put on some steady beat music and make up a dance, eg. Start on your right foot and skip 3 steps forward, 3 steps back. Start on your left foot and skip 3 steps forward, 3 steps back. Skip clockwise around the edge of an imaginary circle, then skip anti-clockwise. Skip around an imaginary square etc.

Short Rope Skipping (♣♣♠)

TIPS:

- To choose the right length of rope, stand on the middle of the rope and lift the ends upwards. The ends should reach your armpits or a little higher.
- Turn the rope by making small circles with the wrists, not by lifting your arms
- It's easiest to start with a two foot jump until you get the arm action and timing, then you can try a skipping step (step-hop).

Long Rope Skipping (♣♣♣) – In an open space get 2 kids to turn a long rope while 1 or more other kids jump in and skip, while singing 'jelly on a plate, wobble, wobble, wobble, wobble, jelly on a plate', then running out clear of the rope.

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Skill Card 8

Teach kids the overarm Throw

The overarm throw is a skill frequently used in many sports, such as cricket, softball and baseball. The action is also used in athletics with the javelin, with the overhead serve and smash in tennis, volleyball and badminton and passes in netball and basketball.

What to look for:

- Eyes focused on target area throughout the throw
- Stands side-on to target area
- Throwing arm moves in a downward and backward arc
- Steps towards target area with foot opposite throwing arm
- Hips then shoulders rotate forward
- Throwing arm follows through, down and across the body





GAMES CARD

8

Fun overarm Throwing Games

Targets (↑♣•) – empty drink cans or plastic bottles make great targets. Different targets can be worth different points. A wet tennis ball makes a great sound when it hits and will also leave a nice temporary mark on some walls. Water bombs at a cardboard box are great fun. As a variation set up targets at different distances from the throwing area. The further away targets are worth more points. How many throws do you need to accumulate 30 points?

Goal Shooting (↑♣•) – buckets and empty garbage bins make great goals. Concentric circles drawn on the ground (bullseye!) with chalk are also very good. Try different things to throw (balls, beanbags, rolled up socks).

Target Golf (↑♣♠) – Make a light ball of taped up, scrunched up newspaper. Create a golf course around the yard or house with various objects as the holes. Some holes should be too long to reach the target in a single throw. Teeing off can be a full force overarm throw and putts can be underarm. Set up hazards on some holes like an obstacle in the way – throw over or go around!

Throw for Distance (↑♣♠) – Go for your personal best. Use light balls, even newspaper balls if you don't have much space.

Clap, Clap, Clap (↑♣) – Throw the ball as hard as you can into the ground. How many claps can you do before it hits the ground again?

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Skill Card 9

Teach kids to Leap

The leap is a locomotor movement characterised by a take-off on one foot, a long flight phase and a landing on the opposite foot. Although it is an extension of the sprint run, it differs in that it is a discrete skill with a clear beginning and end point. It is basic to everyday activities such as playground games, team activities and jumping obstacles. It is also used in gymnastics, dance and athletics.

What to look for:

- Eyes focused forward throughout the leap
- Knee of take-off leg bends
- Legs straighten during flight
- Arms held in opposition to the legs
- Trunk leans slightly forward
- Lands on ball of the foot and bends knee to absorb landing





GAMES CARD

9

Fun Leaping Games

Leap the River (↑↘•) – use ropes, chalk or tape to mark out two lines. Mark lines in V shape to allow attempts at wider spots. Toy animals can be crocodiles in the river. For a fun game one partner chooses where to jump from. If they don't make it they lose a life. If they make it the other person jumps from the same spot. Take turns.

Fly (↑↘•) – Place a series of objects in a row on the grass. Try to run over each object placing one foot only between each object. If successful they take one more step and move one of the objects to where they landed. How far can you make the line of objects?

Tap the Top (↑↘•) – Hang an object from a string from a tree limb or other structure. Hoist it up and see how high you can go with a running leap (2-3 step run up).

Obstacle Leap (↑↘•) – Place a variety of objects (clothing, shoebox, hoop) to form a course to leap through. Encourage leaping alternating the leading foot.

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Skill Card 10

Teach kids to Kick (a stationary ball)

The stationary place kick involves kicking an object, which is still. This is the easiest way to develop proficiency and is closer linked to primary school activity than other kicks. It is the basic foundation of kicks in all football codes and is important for foot-eye co-ordination.

What to look for:

- Eyes focused on the ball throughout the kick
- Forward and sideward swing of arm opposite kicking leg
- Non-kicking foot placed beside the ball
- Bends knee of kicking leg at least 90 degrees during the back swing
- Contacts ball with top of the foot (a 'shoelace' kick) or instep
- Kicking leg follows through high towards target area





GAMES CARD

10

Fun Kicking Games

Balloon Kicks (↑↗↖) – on your own or in pairs keep the balloon in the air using only your feet

Rebound Goal (↑↗•) – take turns kicking a ball against a wall to strike or go through a goal on the rebound. Change angles, distances, number of targets (couple of shoes on the ground make good goals)

Kick Golf (↑↗) – nominate a series of objects around the yard. How many kicks to make the ball strike each object in correct sequence?

Bull's Eye (↑↗•) – mark a circle on the ground with a hoop or rope. Kick the ball attempting to bring it to rest in the circle. Ten attempts then swap. Award points. Increase distance. Can also be done off a rebound wall.

Spot Kicking (↑↗) – use markers at different positions in the yard and allocate points to each. Have a single goal. Shooter accumulates the points from each spot if they hit the goal.

Step Back (↖↗) – use a couple of shoes to make a narrow goal. Partners start facing each other on each side of the goal. Take one step back each time a successful goal is scored. How far can you go?

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Skill Card 11

Teach kids the Two-Handed Strike

The two-hand strike is a manipulative skill in which force is applied to an object using an implement, in this case a bat. It forms the foundation to more advanced games and sports-specific skills. Because of the variability of ball tosses, performing the two-hand strike from a tee is the focus. Although many sports use the two-hand strike differently, the same mechanical principles apply.

What to look for:

- Stands side-on to target area
- Eyes focused on the ball throughout the strike
- Hands next to each other, bottom hand matches the front foot
- Step towards target area with front foot
- Hips then shoulders rotate forward
- Ball contact made on the front foot with straight arms
- Follows through with bat around body





GAMES CARD

11

Fun Two Handed Striking Games

Airborne (↑/↗•♠) – Use a rolled up newspaper to keep a balloon in the air. Put up a string or broomstick between two chairs if you have an opponent. You can hit it three times on your side before it has to go over the net. First to eleven wins.

Newspaper Baseball (♠/↗•♠) – Spread some sheets of newspaper on the ground in front of the striker. Use a marker to award different points to each of the pieces. Pitcher kneels down about 1 meter from striker and gently throws the balloon up for the striker to hit. Striker gets the points their balloon lands on. Take 10 shots each.

Smash (↑/↗•♠) – hit your balloon with newspaper bat for distance. 5 shots each to see who goes furthest.

Belt the bomber (♠/♠•♠) – throw paper aeroplanes at the striker who bats them away with their rolled up newspaper bat.

Target Ball (♠/♠) – Use a newspaper bat and newspaper balls. Make three circles (with chalk or hoops) touching each other on the ground at the base of a wall. Allocate points for each of these circles, say 10 for the middle and 5 for each of the outside circles. Pitcher throws the ball underarm for the striker who attempts to hit it to the wall. Striker gets the points that the ball lands in.

Sock Hockey (♠/↗•♠) – Use newspaper bats and a rolled up pair of socks for a ball. Mark out small field and goals with cushions and shoes.

Stocking Ball (↑/↗) – put a tennis ball in the end of an old stocking and tie other end off to clothesline, pergola etc. How many successive strikes can you get?

Fetch (♠/↗) – partners face each other each with some type of bat and a batting tee (witches hats are good). Attempt to hit the ball to your partner who fields it and hits it back.

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Q4: Family ACTivAtion Pack



Health



Skill Card 12

Teach kids to Dodge

The dodge is a locomotor skill that involves a high degree of balance and stability. It is an extension of the side gallop and sprint run and incorporates dynamic, fluid and coordinated movement to change direction. It is common to many playground games and activities and is an important skill in the majority of team sports.

What to look for:

- Changes direction by bending knee and pushing off the outside foot
- Change of direction occurs in one step
- Body lowered during change of direction
- Eyes focused forward
- Dodge repeated equally well on both sides





GAMES CARD

12

Fun Dodging Games

Slalom Run (↑♣) – set out objects in a zigzag pattern. Complete the course by touching each object. What's your best time?

Shadow Tag (•) – can your partner tread on your shadow?

Artful Dodger (•) – one partner stands behind the other. On 'go' the front person runs around changing direction regularly. On 'stop' both players freeze. If the back person can take one step and touch the front person they become the new dodger.

Knee Tag (•) – Count the number of time you can tag your partners knees whilst avoiding being tagged yourself.

Tail Snatch (♣♣) – put a rag out the back of the pants. One person tries to grab the rag. The other tries to dodge to protect it. No fending with hands and arms.

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MORE FUN GAMES

1

Kick and Catch (👣👣)

Start with just placing a beanbag on the foot and flicking it up to the catcher. Progress to kicking and using a ball.



Name It (👂)

Pairs. Person 1 throws ball against a wall and attempts to straddle jump the rebound. Person 2 catches the ball. Each time a sequence is completed successfully participants add a letter to a word they are trying to spell.



Wasps (👂👣)

Chase a partner with a soft ball or beanbag. Try to hit them below the knees. If successful swap.



French Cricket (👂👣)

batters legs are the wicket. Hit the legs or catch a returned hit and you get to hit.



Backyard Cricket (👂👣)

Hit the house or over the fence on the full is out.



MORE FUN GAMES

2

Golf (†/•)

Plant a couple of plastic cups in the ground in the backyard – nearest the pin, lowest score... whatever.

Tennis, Volleyball, Sockball, Badminton or Squash (♫/•)

Tie a rope off between two chairs. Shoes mark off the boundaries, a ball or some rolled up socks and the grand slam is underway.

Soccer, Hockey or Touch (♫/•)

Remember the smaller the playing area the smaller the goals. Shoes make ideal goal posts. Try three legged soccer ie. Divide teams into pairs and tie their legs together.

Hide and Seek (•)

a variation that increases running is '44 Home'. The person who is in ('It'), counts to 44 while other players hide. 'It' tries to catch everyone before they sneak home. If you get spotted trying to get home, you need to get home and yell "44 home", and your safe. If 'It' touches you first then you're out. Whoever gets out first is 'It' for the next game. Players that have made it home can form a chain so that other players need only reach the end of the chain.

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