

Physical Literacy

Fundamental Movement Skills Activities



Throwing



Beanbag Throw

The beanbag throw is a game your child can play either by him/herself or in a group setting.

Materials

One or More beanbags

Tape or string

Bucket or Basket

Procedure:

Use the tape or string to mark two lines about 6 feet apart. If you are using a basket, place it on one line, and then have your child or the group stand at the other end. The goal, whether your child is practicing by himself or playing with a group, is to see how many times each child can hit the basket or get the beanbag in the basket.

Kicking



Step Back

This game can be played with a pair of children.

Materials:

2 shoes or objects for goal

Soccer ball or another ball

Rope or object to mark distance

Procedure:

Use a couple of shoes or objects to make a narrow goal. One person is in goal and the other is the kicker. The kicker gets 15 kicks and each time the kicker scores, they step back. How far can the kicker go? Mark the distance and switch places and repeat with the other person kicking.

Sidearm strike



Airborne:

Two players use a rolled up newspaper to keep a balloon in the air.

Materials:

Balloons

Rolled up newspaper, paper towel roll or wrapping paper roll

String or broom stick

Two chairs

Procedure:

Put up a string or lay a broomstick across two chairs. Each player gets a roll or rolled up newspaper. Blow up 2 or 3 balloons. Have the players hit the balloons using the sidearm strike across the string between the chairs. Children can count how many times they can keep balloons in the air.

Or

Smash:

Each player uses a rolled up newspaper to hit a balloon a distance

Materials:

Balloons

Rolled up Newspaper, paper towel or wrapping paper roll

Procedure:

Hit your balloon with a newspaper or paper towel rolls a certain number of times using the sidearm strike. See how far you can hit your balloon

Hopping



Hopscotch

You can play by yourself or with another person.

Materials

Outdoors: Chalk

Indoors: Masking tape

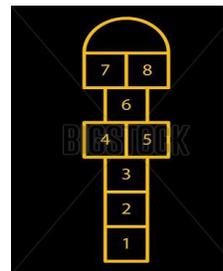
Small object for each player (e.g. a stone)

Procedure:

Draw a hopscotch area with 9 spaces.

Throw your object on the first square of the hopscotch play area.

Hop on every square except the square your object landed on, using one foot. The squares side by side you can land with both feet, but one foot on each square.



When you get to the top, turn around and hop back. On your way back pick up your object on the square it landed while keeping your balance on one foot. Then hop on that square.

Each turn you throw your object on the next square.

Lose your turn if you throw your object outside the square, touch the ground while balancing to pick up your object, touch the line with your foot, touch the ground with both feet instead of hopping on the single squares, or fall over. On your next turn, start at the square you were at last.

First to complete all squares wins.

Skipping



Skipping Challenge Course

One or more players.

Materials:

An area outside

Procedure:

Set up course with targeted areas to reach before finish line.

I.e. skip to the back fence, then to the shed, then to the window at side of house, then to the front gate.

Jumping



Sack Races

One or more players.

Materials:

Potato sacks or pillow case for each person

Markers for start and finish lines

Procedure:

Identify a starting line and finish line.

Each person stands in their own sack or pillowcase at the start line.

Have another person say when to go. Children will race to the finish line jumping. First person to reach the finish line wins.

Log Rolling



Rolling Down a Hill

Can play by yourself or with more people.

Materials:

Outdoors, on a grassy hill

Make sure the hill is a safe area for children to roll down.

Procedure:

Look at the area to ensure the path is clear of objects that may injure a child.

Lay down on the grass with head and toe in a straight line parallel to the hill.

Make sure there is space between other children to avoid collisions.

Roll your shoulders and hips toward the bottom of the hill allowing your body to roll sideways down.

When you get to the bottom, walk back up the hill and do it again.

Running



Bullrush

Three or more players.

Materials:

Object to mark out a court

Procedure:

Mark out a court.

One person is 'IT'. The others line up behind the line at one end of the court.

The person who is 'IT' calls BULLRUSH.

Players try to run to the other side without getting caught.

If you get caught, you help the person who is 'IT' to catch the rest.

The last person to be caught is then 'IT'

Stork Stand



Freeze Dance

One or more children dance around and freeze on one leg when the music stops

Materials:

Music

Procedure

Have children scatter around an open space. Have all of them stand on one foot and make an animal sound (roar like a tiger). Once you know everyone can balance on one foot start the music. Play the music and have children dance around, stop the music and have everyone stand on one foot in their animal pose. If you lose your balance you're out. Continue playing the game until you have only 1 child left balancing.

Dodging



Tail Snatch

Materials

Rag

Procedure

Play a game of catch. Have one person be “it” and put a rag out the back of their pants/shorts.

The object of the game is for the “it” person (with the rag) to protect it. The other children will chase the “it” person and try to grab the rag. The child who captures the rag is now “it”.

** ensure the tag is loosely placed and not tied to the person to avoid injury.

Catching



Hot potato

Materials

A variety of objects of various shapes and sizes. A ball is used most commonly. Larger sized items can be helpful for younger participants to start with.

music

Procedure

Have the group stand in a circle. Start music. One person starts with the object and lightly tosses the item to someone else in the circle. The object of the game is to toss the object to someone else as soon as you catch it. You don't want to be left holding the ball when the music stops.

Dribbling feet



Kick ball

Materials

A ball that you can kick, similar to a soccer ball.

Optional – small objects or containers similar to pylons.

Procedure

Set up the pylons around an open space. Dribble the soccer ball, using alternating feet, around the pylons. You can make this game harder by placing the pylons closer together. This game is in preparation for a game such as soccer.

Dribbling hands



Quick hands

Materials:

Basketball or a similar type ball that can be bounced.

Procedure

Bounce the ball alternating hands. Once the child feels comfortable with that, you can have them move, or travel, with the ball while walking and then while running. This game is in preparation for a game such as basketball.