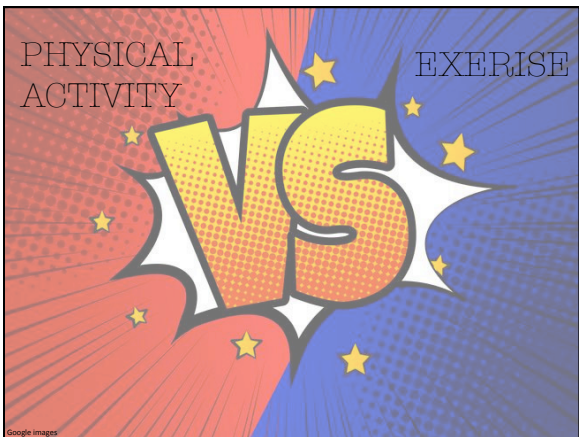
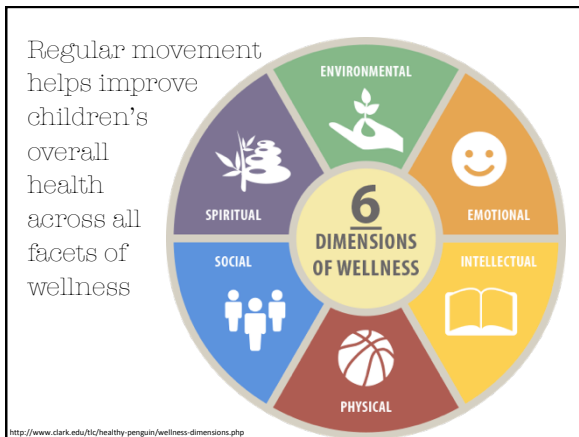
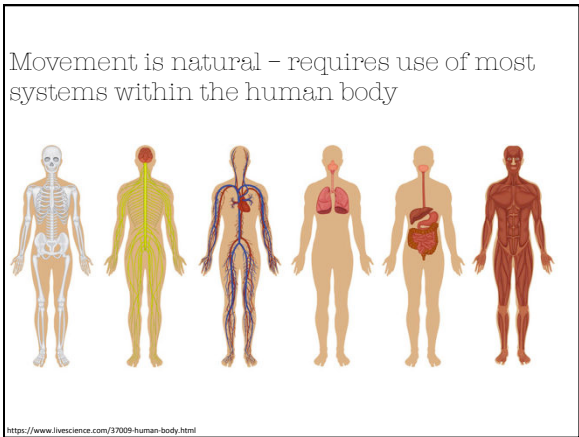
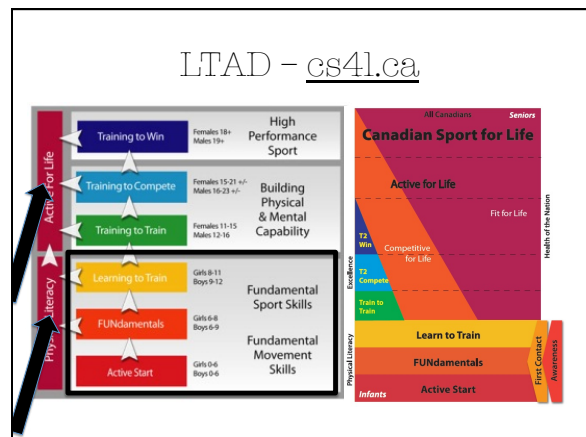
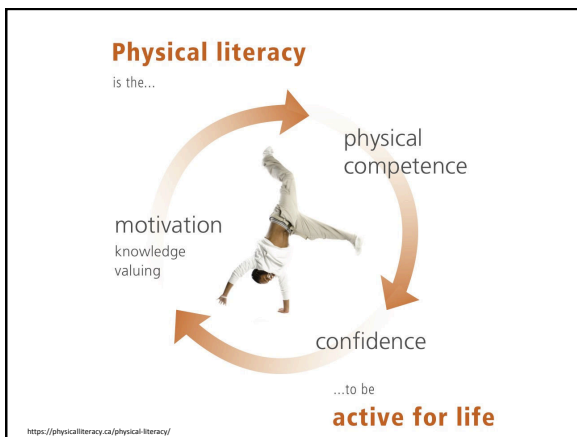
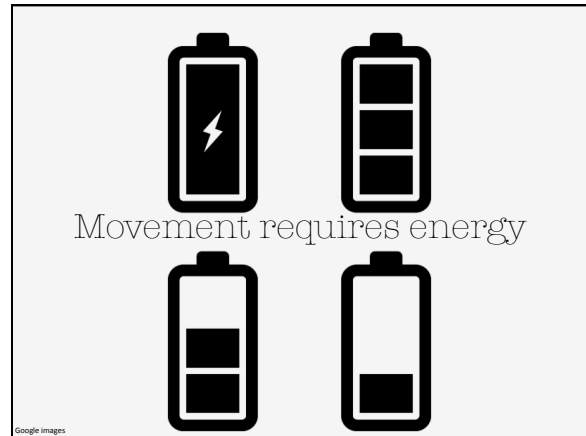
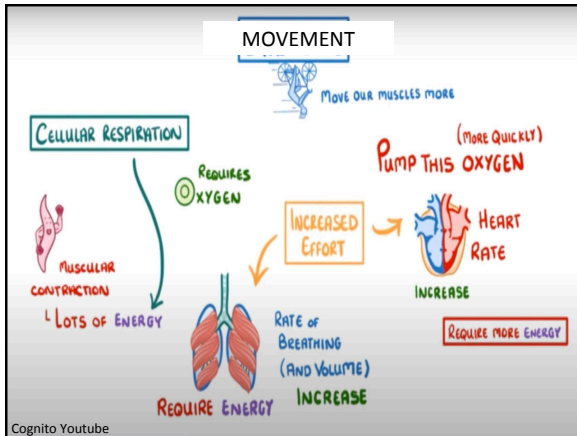


What to expect

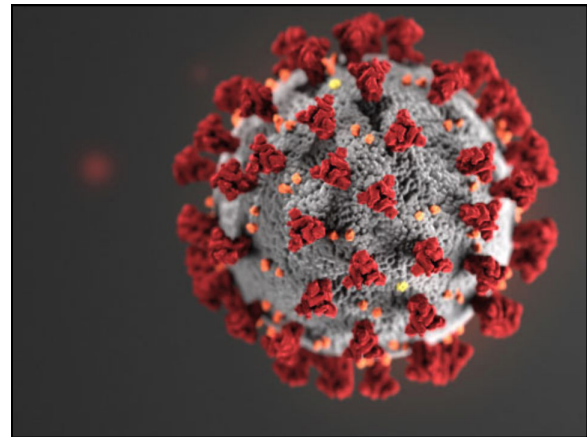
- Part 1 - why move
- Part 2 - how to move
- Part 3 - how to move during a pandemic
- Part 4 - tool kit





Types of physical literacy movements

Locomotion Skills	Object Manipulation Skills	Stability Moves
Balance walk	Overhead throw	Balance/centering
Skip	Catch with one hand	Body rolling
Gallop	Foot dribble	Dodging
Hop	Kick Ball	Landing
Jump	Striking with stick/bat	Spinning
Run	Volleying	Twisting/turning
Run a square	Etc.	Etc.
Run there and back		
Crossovers		
Etc.		



Recipe to follow

How much time

What mood are they in

Supervision

Equipment

Location

LOCATION	SIZE OF SPACE	AGES	GAME
INSIDE	SMALL	6 AND UP	Mini hand hockey
		5 TO 10	Alphabet challenge
		ANY AGE	Floor is lava
	MEDIUM	ANY AGE	Fitness obstacle course
		4 TO 10	Lasers
		ANY AGE	Balloon volleyball
LARGE	4 TO 8	Speed skating dryer sheets	
	4 TO 8	Toilette paper bowling	
	ANY AGE	Hallway soccer	
OUTSIDE	GARAGE/STAIRS/DRIVEWAY	8 AND UP	Stair ball
		8 AND UP	Garage ball
		ANY AGE	Evade the water
	BACKYARD/FIELD	8 AND UP	Tree ball
		ENTIRE FAMILY	Selfie scavenger hunt
		10 AND UP	Frisbee tip
	STREET	ANY AGE	Maze
		ANY AGE	Maze
		6 AND UP	Snakes and ladders

Mini hand hockey			
Number	Equipment	Instructions	Physical literacy
2 or more	Tennis ball and small objects for nets	1) Using an open space in your home, set up small nets using the household objects as posts (toilette paper rolls, paper towel rolls, etc). 2) Using a tennis ball as the puck and using hands as the stick, play a match of hand hockey.	Object manipulation = dribbling hands

Alphabet challenge			
Number	Equipment	Instructions	Physical literacy
1 or more	Construction paper Old pairs of socks	1) Have kid(s) write the alphabet on small but separate sheets of construction paper. 2) Using painters tape, tape the letters (make sure to mix them up) on a door or wall. 3) Create a starting line using painters tape. 4) Say a word (longer words are harder). 5) Have kid(s) throw the pair of socks towards the letters spelling the word. 6) If playing with multiple kids, time each kid to see who 'wins'	Object manipulation = throwing

Floor is lava			
Number	Equipment	Instructions	Physical literacy
1 or more	Household items	1) Have kid(s) create a path of household objects that are close together. 2) Once the path has been set, tell the kid(s) that the floor is lava. 3) The kid(s) have to make their way through the course without touching the floor. 4) To add a competition, time kid(s).	Stability = Balance

Fitness obstacle course			
Number	Equipment	Instructions	Physical literacy
1 or more	Painters tape	1) Using the painters tape, set up a track in your space. 2) Along with the track, create station numbers. 3) At each station number, kid(s) are required to complete basic fitness exercises. Examples can include - Jumping jacks, burpees, lunges, squats, pushups, etc. 4) To add competition, time kid(s).	Locomotion = running

Lasers			
Number	Equipment	Instructions	Physical literacy
1 or more	Painters tape	1) Using the staircase or hallway, attach painters tape in a 'maze like' or 'laser' pattern. Think mission impossible. 2) Have kid(s) make their way through the maze without touching the painters tape. 3) To add competition, time kid(s).	Stability = balance

Balloon volleyball			
Number	Equipment	Instructions	Physical literacy
2 or more	Painters tape String 2 chairs 1 party balloon	1) Using an open space within the home, create a small volleyball court. Using the painters tape, create the lines. Using the string and chairs, create the net. 2) Using a party balloon as the volleyball, have kids play a match. 3) To remove the competition, have kids work together to attempt as many successful hits in a row as possible	Object manipulation = volleying

Speed skating dryer sheets			
Number	Equipment	Instructions	Physical literacy
1 or more	Dryer sheets	1) Have kid(s) step on dryer sheets and use them as skates. 2) Create an obstacle course to 'skate' around. 3) Create a relay race with 4 or more kids.	Object manipulation = volleying

Toilette paper bowling			
Number	Equipment	Instructions	Physical literacy
1 or more	12 rolls of toilette paper	1) Set up toilette paper in a pyramid tower at one end of the space. 2) Using one roll of toilette paper, attempt to knock down the pyramid of rolls. 3) Add competition by blindfolding kid(s), or creating challenging structures.	Object manipulation = underhand throw

Hallway soccer			
Number	Equipment	Instructions	Physical literacy
2	Party balloon OR beach ball	1) Using the hallway, have kid(s) set up nets using painters tape on the floor. 2) Have kids play a game of soccer in the hallway.	Object manipulation = kicking

Stair ball			
Number	Equipment	Instructions	Physical literacy
2	Tennis ball	1) Have one kid stand at the top of the staircase and one kid stand on the bottom of the stairs. 2) The kid at the top of the stairs starts with the ball and throws it down the stairs. 3) If the ball makes it past the kid at the bottom of the stairs, then a point is scored. 4) If the kid at the bottom of the stairs saves the ball, the play continues. 5) The kid at the bottom of the stairs tries to complete the same task throwing the ball up the stairs. 6) The ball can hit the stairs to add difficulty.	Object manipulation = throwing and catching

Garage ball			
Number	Equipment	Instructions	Physical literacy
2	Tennis ball	1) Have one kid stand on either side of the garage. 2) Taking turns, throw the ball over the garage. 3) If the ball lands without being caught, the thrower gets a point. 4) If the ball is caught, no point is given. 5) Honesty is key here, so beware of any cheaters!	Object manipulation = throwing and catching

Evade the water			
Number	Equipment	Instructions	Physical literacy
2 or more	Water hose Large household objects ex// recycling bin, garbage bin, etc.	1) Set up an obstacle course in the driveway using the large yard objects (garbage bins, recycling bins, wheelbarrow, etc.). 2) Within the obstacle course, set up water hose from house. 3) Have one kid be the 'hose master' for the round by attempting to spray other kids with the water. 4) All other kids must make their way through the obstacle course. 5) If they are hit with water from the hose, they must start the obstacle course again. 6) First kid to complete the course without getting wet becomes the next 'hose master'.	Stability = evading, dodging

Tree ball			
Number	Equipment	Instructions	Physical literacy
1 or more	Tennis ball	1) Have kid throw the tennis ball up into the tree branches. 3) The objective is to catch the ball before it hits the ground. 4) If playing with multiple kids the objective of the other players is to catch the ball too. 5) If the ball is caught by the player who threw it, they keep their point, and throw again. 6) If one of the other players catches the ball, then they steal the point and throw the ball for the next round.	Object manipulation = throwing and catching

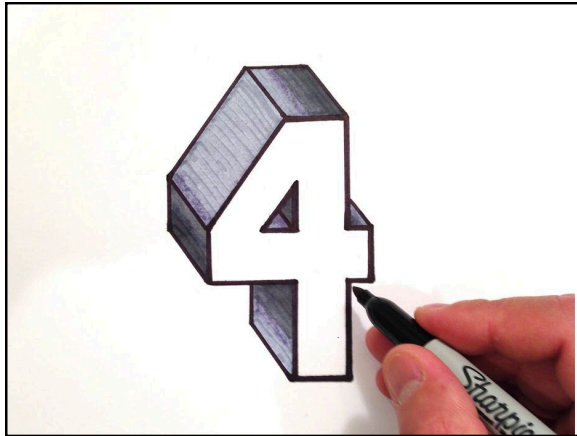
Selfie Scavenger hunt			
Number	Equipment	Instructions	Physical literacy
Multiple families	Telephone for pictures	1) Have one family organize a scavenger hunt around the neighborhood by taking 'selfies' next to identifiable 'landmarks'. 2) Have parents send pictures to second family participating. 3) Second family attempts to recreate the 'selfies' on the same landmarks. Second family also creates new 'selfies' near new 'landmarks' to continue the hunt for another family. 4) Rounds of hunts continue. 5) Families are encourage to walk, run, or	Locomotion = walking, running, or biking

Frisbee tip			
Number	Equipment	Instructions	Physical literacy
4 to 6	Frisbee	1) Split players into teams of either 2 or 3. 2) Teams stand roughly 20 yards apart. 3) Team 1 throws the Frisbee to team 2. 4) The objective of Team 2 is to have one player TIP the Frisbee in the air and another player catch it. If they are successful in completing the TIP, then they obtain 1 point. 5) Team 2 then throws the Frisbee back to Team 1. 6) Team 1 and Team 2 keep throwing the Frisbee back and forth attempting to obtain points by tipping the Frisbee. 7) If the throw is not on target, a re-throw is given. 8) If there are multiple tips within a throw, teams receive the corresponding points (e.g. 3 tips = 3 points)	Object manipulation = throwing and catching

Maze			
Number	Equipment	Instructions	Physical literacy
1 or more	Street chalk	1) Create a large maze using street chalk. 2) Have kid(s) attempt to make their way out of the maze. 3) If playing with multiple players, play tag or a real life version of PACMAN.	Object manipulation = running

Snakes and Ladders			
Number	Equipment	Instructions	Physical literacy
2 or more	Street chalk Large dice	1) Create a large snakes and ladders board game. 2) Play a real life version of the board game using players bodies as the pons. 3) To add movement, have players run on the spot until it is their move.	Object manipulation = running

Bike obstacle course			
Number	Equipment	Instructions	Physical literacy
1 or more	Street chalk bicycle	1) Using street chalk create an obstacle course. 2) Have kid(s) bike the obstacle course. 3) To add competition, time kid(s).	Object manipulation = biking



Items to have on hand

- Painters tape
- Tennis balls
- Street chalk
- Beach ball

Balance	Bridging	Killing
<ul style="list-style-type: none"> • Heads Up • Eyes looking forward • Hold pose for 5-10 seconds • Body still and tight 	<ul style="list-style-type: none"> • Head up, look up • Body low • Take on step 	<ul style="list-style-type: none"> • Hands at shoulders • Fingers spread • Absorb with arms • Head up • Turn face
Galloping	Hopping	Jumping
<ul style="list-style-type: none"> • Step-toes-to-heel • Swing arms in rhythm with lower body • Head up • Toes pointed forward 	<ul style="list-style-type: none"> • Look forward • Spring with leg on the ground • Swing arms forward • Soft touch down • "Hitch-kick" • Body upright 	<ul style="list-style-type: none"> • Get ready: Arms back, crouch forward • Take-off: Spring and swing • Fly: Knees up, look forward, extend body • Land: Land quietly
Rolling	Running	Skipping
<ul style="list-style-type: none"> • Body, arms and legs stretched out • Legs and arms together • Body is "light" • Body moves in a straight line • Roll is fluid 	<ul style="list-style-type: none"> • Head still • Arms bent, pump "hip to hip" • Arms "pump" gently when jogging • Arms "pump" vigorously when sprinting • Arms and legs move opposite • Sprinting – running on toes 	<ul style="list-style-type: none"> • Head up • Step-hop, step-hop • Swing arms, opposite legs
Starting/Stopping	Catching	Dribble feet
<ul style="list-style-type: none"> • Head up • Lean forward to start • Lean backwards to stop • Bend at knees and hips to stop • Use arms to balance 	<ul style="list-style-type: none"> • Eyes on ball • Get behind the ball • Hands together (pinkies or thumbs touching) or (triangle) • Bring ball to body 	<ul style="list-style-type: none"> • No toes • Heel touches • Use inside of foot, outside of foot or bottom of foot
Dribbling hands	Kicking	Throwing
<ul style="list-style-type: none"> • Look up • Finger pads • Bend knees and hips slightly • Back straight • Spread fingers 	<ul style="list-style-type: none"> • Eye on ball • Step forward • Plant your foot • Use your knee or side of foot • Follow through • Arms – Airplane wings up 	<ul style="list-style-type: none"> • Feet target • Point to target • Step with opposite foot • Bend knees • Lean body forward • Follow through

Other resources and references

- www.championsforlife.ca
- www.sportforlife.ca
- www.physicalliteracy.ca
- www.cs41.ca