

Young Athletes

Suitable for Kindergarten to Year 2



Young Athletes at Home - Activity Cards

The ***Young Athletes at Home*** activity cards provide parents and carers with physical activity ideas to help continue the development of their child's Fundamental Movement Skills at home, including:

- Jumping
- Walking & Running
- Balancing
- Throwing
- Trapping & Catching
- Kicking
- Striking

Young Athletes at Home activity cards

- ✓ Requires minimal equipment that can be found around the home
- ✓ Ensures Fundamental Movement Skills keep developing
- ✓ Provides a break from sitting and a chance to move and get active

Special Olympics Australia – *Inclusive Sport in Schools*

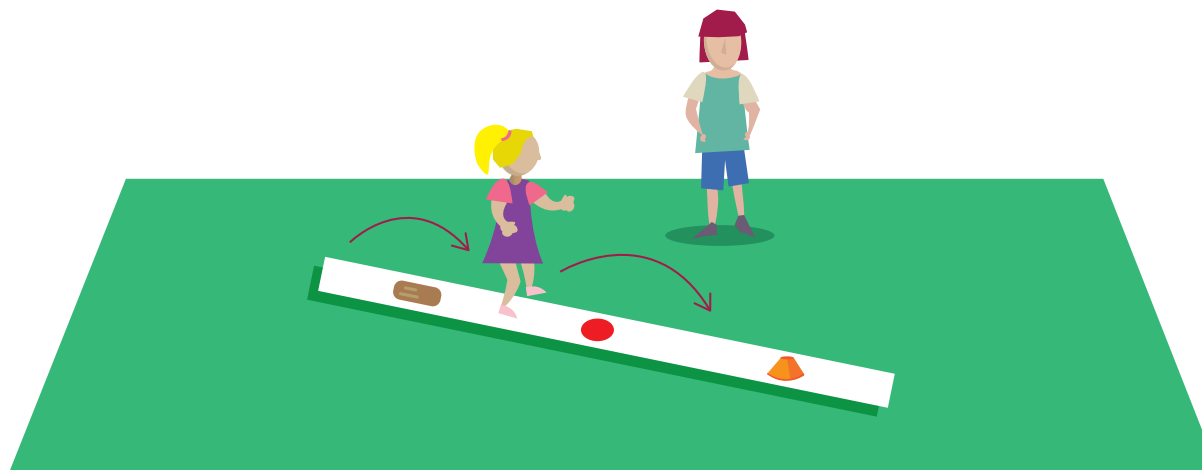
 www.schools.specialolympics.com.au

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Play at home with your child!

You can play **Jumping Beam** with your child by making a line on the floor/ground using tape, rope or draw it using chalk.

Encourage your child to walk along the line, keeping their feet on the line with every step. You can then place objects such as soft toys on the line for your child to jump or step over.



Goal: Jump on the floor with or without help

The Young Athletes Program is developed by Special Olympics Australia. For more information visit www.specialolympics.com.au/youngathletes

Play at home with your child!

You can play **Bounce and Catch** with your child by making a target on the floor/ground to bounce the ball in. You can make the target out of tape, rope or draw it using chalk. You and your child stand on either side of the target. Take it in turns to bounce the ball on the target for the other player to catch. When you get good at it, take a step back each time you catch the ball.



Goal: Catch a ball after it bounces

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Play at home with your child!

You can play **Paddle Walk** with your child by getting them to walk along a path balancing something on a flat object. If you don't have a paddle, your child can use a hard book or just balance the object on the palm of their hand. Start by using a soft toy and work towards balancing a more difficult object, like a ball!

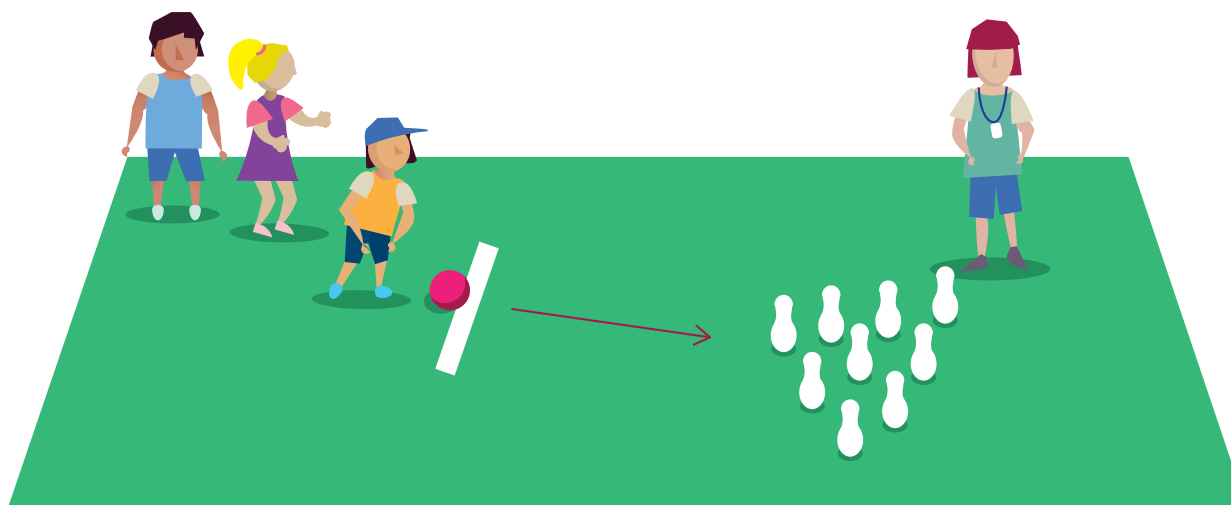


Goal: Walk along a path while balancing an object

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Play at home with your child!

You can play **Kick it Down** at home by setting up a target that your child can kick down. The target could be an empty plastic bottle or cup. You can vary the size of the target or add more targets, similar to tenpin bowling. Make it more challenging by rolling the ball so it can be kicked while it is moving.



Goal: Kick the ball to knock down a target

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Play at home with your child!

You can play **Musical Statues** with your child at home. Play music for them to move to and when you press pause they need to stand as still as a statue. For a challenge, give them ways to move to the music or a balance shape to make when the music is paused.



Goal: Hold a balance on one foot

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Play at home with your child!

You can play **Keep it Up** with your child at home. Blow up a balloon or beach ball and practice tapping it in the air with the palm of your hand. For a challenge, count how many taps you can do before the ball hits the floor and try to beat your score.

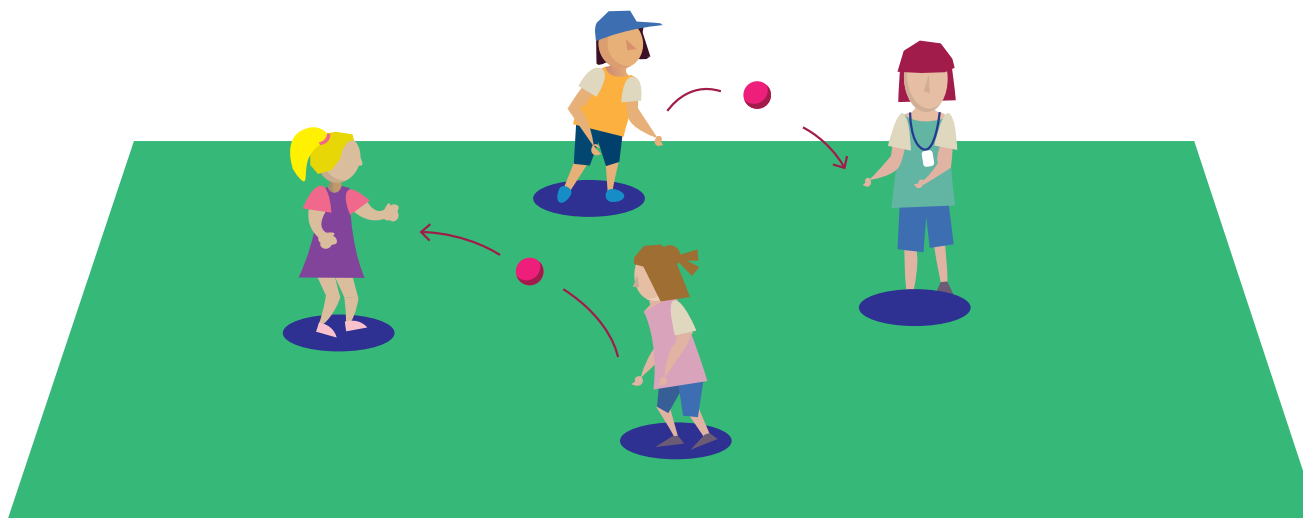


Goal: Tap a balloon or beach ball to a partner

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Play at home with your child!

You can play **Two Handed Toss** with your child at home. Stand facing your child and practice tossing the ball to each other with a two handed underarm toss. Encourage your child to bend their knees and look at your hands when they are tossing the ball to you.



Goal: Toss the ball with two hands to another person

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