

ACTIVE FAMILY FUN: NURTURING HEALTHY HABITS



Developing Your Child's Physical Literacy: Fundamental Movement Skills at Home

Physical Literacy

is the...



Physical literacy is as important for your child's development as reading and math. It involves the building of competence, confidence, and motivation to be active for life.

What are Fundamental Movement Skills?

Fundamental movement skills are the basic building blocks of physical literacy. They are divided into three categories:



Non-Locomotor Skills: These are about controlling the body while not moving, like balancing on one foot and yoga. They improve balance and body control.



Locomotor Skills: These involve moving the body from one place to another, such as running, jumping, swimming, and skating.



Manipulative Skills: These are about actions like throwing, catching, kicking, and striking.

Fun Activities for Enhancing Fundamental Movement Skills at Home!

Your child has been developing their physical literacy in class this year—but that work doesn't end when the bell rings! You can support your child's physical literacy development at home through fun activities like:

Indoor Activities

- **Balloon Volleyball:** Play volleyball using a balloon as a ball to improve coordination and balance.
- **Tape Hopscotch:** Create a hopscotch game indoors with masking tape to promote coordination and balance.
- **Simon Says:** Play Simon Says with jumping, hopping, and stretching actions to improve body awareness.

Outdoor Activities

- **Bike Riding:** Ride bikes outdoors to improve balance and coordination.
- **Catch and Toss:** Use soft objects for catching and tossing games to enhance hand-eye coordination.
- **Nature's Obstacle Course:** Create challenges like jumping over objects, balancing, and crawling during outdoor walks.

Adapt these activities based on your child's age and skill level. Encourage them to use both hands and feet, and most importantly, have fun together!

We would like to acknowledge Laura Paiement for her contribution to this resource.

For more great physical activity and physical literacy resources, check out:

www.schoolpapl.ca



FEBRUARY: PRACTICING LOCOMOTOR SKILLS AT HOME



RUN

- High knee – lift to waist
- Opposite arm to opposite leg
- Swing arm elbow to hips- thumb lips
- Keep eyes up & forward
- Controlled speed (decel/accel)
- Controlled change of direction



JUMP – 2 FT TO 2 FT

- Stand shoulder width apart
- Knees slightly bent 'ready position'
- Arms swing back then forward for momentum
- Explode with legs
- Both feet take off and land at the same time
- Bend knees when landing



SKIP

- Step with lead foot and hop (repeat on other side)
- Drive knee up
- Opposite arm to leg
- Fluid transition from R-L sides



HOP

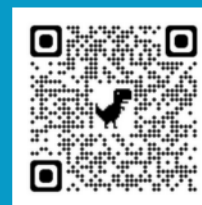
- Balance on one foot
- Keep other foot off ground
- Arms swing forward and back to maintain momentum and balance
- Bend knee on take off and landing



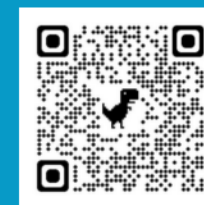
GALLOP

- Step forward with lead foot
- Back foot slides to catch the lead foot
- Close feet together ("step together")
- Arms at side for balance

SCAN FOR VIDEOS




YouTube: 4 Corner Locomotor Practice Game



YouTube: Watch to see each Locomotor Skill



FEBRUARY: PRACTICING LOCOMOTOR SKILLS AT HOME



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1 5 table push up 5 squats 10 sec run on spot X 3		2 YouTube: Valentine Run - Cupid's Revenge	
5 Airplane balance on each leg for 30 secs - x2		6 5 squats 4 hops on each foot 3 jump jacks 2 pencil jumps 1 squat jump		7 30 sec jump as fast as you can on the same spot X 2 - 3		8 YouTube: Valentine's Day Freeze Dance		9 10 jump jacks 10 high knee run 10 sec stretch tall X 3	
12 10 calf raises 10 jump jacks 10 sec jump on spot X 3		13 Balance a book on your head and walk 1 - 2 laps around your house		14 YouTube: Valentine's Day Race		15 2 squat jumps 4 butt kicks 6 high knees X 3		16 Pro-D Day Go for a family walk	
19 Family Day		20 YouTube: Where's Cupid?		21 10 arm circles 10 calf raises 10 desk push ups X 2		22 10 sec plank 10 sec mountain climbers X 2		23 20 sec jog in place as fast as you can 10 crunches X 3	
26 YouTube: Valentine's Day - Find the Gnome		27 10 alternating lunges 10 reach high then touch toes x2		28 Seated Ball Toss: Use a paper ball from recycle - pass 100 x with family member		29 YouTube: Head, Shoulders, Knees and Toes - DJ Raphi			