

# Welcome to April

## The Building Blocks of Movement

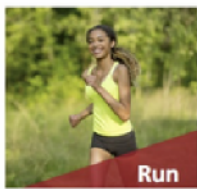
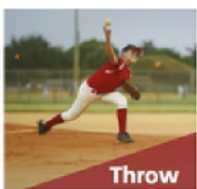

Fundamental movement skills serve as the building blocks for more advanced movements and activities. Just as learning the alphabet and basic arithmetic operations is essential for academic success, mastering fundamental movement skills is essential for effectively participating in various physical activities and sports.


The most important step toward developing physical literacy is learning fundamental movement skills. If you can learn the fundamentals skills, you will enjoy a wide variety of activities!

### Fundamental Movement Skills

Body Control	Locomotor	Object Control
Agility Balance Coordination Speed Rhythm and more	Running Jumping Swimming Sliding Skating and more	Sending Receiving Dribbling Striking and more
		

 Version 2.0—September 2016

	If You Can ► <ul style="list-style-type: none"> <li>Run</li> </ul>	You Will Take Part In ► <ul style="list-style-type: none"> <li>Catch</li> <li>Jump</li> <li>Swim</li> <li>Throw</li> </ul>	<ul style="list-style-type: none"> <li>Soccer</li> <li>Basketball</li> <li>Volleyball</li> <li>Track and Field</li> <li>Squash</li> <li>Rugby</li> <li>Tennis</li> </ul>
	If You Can ► <ul style="list-style-type: none"> <li>Throw</li> </ul>	You Will Take Part In ► <ul style="list-style-type: none"> <li>Catch</li> <li>Jump</li> <li>Swim</li> <li>Run</li> </ul>	<ul style="list-style-type: none"> <li>Soccer</li> <li>Softball</li> <li>Bowling</li> <li>Baseball</li> <li>Goalball</li> <li>Football</li> <li>Rugby</li> </ul>
	If You Can ► <ul style="list-style-type: none"> <li>Swim</li> </ul>	You Will Take Part In ► <ul style="list-style-type: none"> <li>Throw</li> <li>Jump</li> <li>Catch</li> <li>Run</li> </ul>	<ul style="list-style-type: none"> <li>Swimming</li> <li>Diving</li> <li>Water Polo</li> <li>Scuba</li> <li>Kayaking</li> <li>Sailing</li> <li>Surfing</li> </ul>

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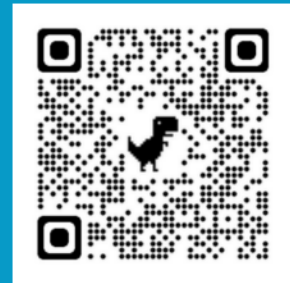
# Practice the Skill of Kicking at Home



## KICKING CUES

- ✓ Eyes focused on the ball throughout the movement
- ✓ Non-kicking foot placed beside the ball
- ✓ Inside of foot contacts the ball
- ✓ Arms swing & body rotates with kick
- ✓ Striking foot follows through towards target

SCAN FOR VIDEOS



YouTube

How to: Kicking Video



# Practice the Skill of Kicking at Home

## See if you can...

(Exploring kicking skills individually)



*Trap* the ball with 1 foot then roll it behind you

Bounce > kick > bounce > kick...

*Balance* on 1 foot and kick as far as you can



Bounce > kick > catch

Knee > catch

Head > catch

Bounce > spin > kick

Bounce the ball and kick it as far as you can

Kick the ball then *step over* it a few times before it stops without touching it



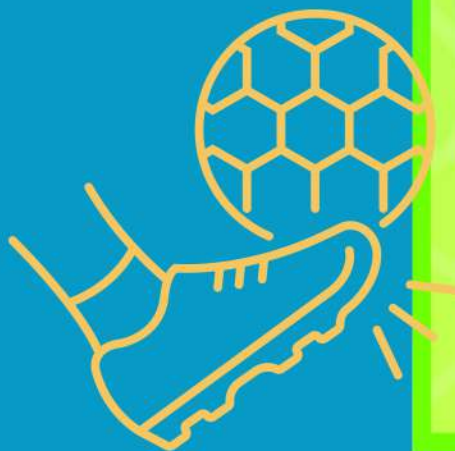
Kick the ball away then chase after it and *sit* on it

Throw the ball up in the air and kick it before it hits the ground



Dribble around in different shapes

- In circles...
- In squares...
- In triangles...



# APRIL FAMILY FITNESS FUN AT HOME



# April

**LET'S GO**  
**FAMILY**  
**FITNESS FUN**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<b>1</b> Easter Monday	<b>2</b> <u>Welcome Back Challenge</u> 10-star jumps Air rope jumps for 30sec X 3	<b>3</b> Frog Jumps One leg balance 4 x 20 sec each	<b>4</b> <a href="#">YouTube: Move and Freeze Animal Edition</a>	<b>5</b> <u>Test of Time</u> 60 sec-3 rounds 10 squats 10 jump jacks 10 toes touches
<b>8</b> Stand up / sit down in a chair x 10 Hop on one leg for 30 secs and switch leg	<b>9</b> <a href="#">YouTube: Dodge Wall Freeze Dance</a>	<b>10</b> Do a silly dance while a favourite song plays.	<b>11</b> Run on the spot squats Table push ups 10 x 3 sets	<b>12</b> Heads or Tails Fitness (see activity below. Use a Coin to Flip)
<b>15</b> Balance for 20sec on the right foot, then 10 hops on the left - Switch legs and repeat!	<b>16</b> Arm circles forward/backward x 10 10 sec run in place as fast as you can x4	<b>17</b> <a href="#">YouTube: Moon Mountain</a>	<b>18</b> Jump jacks x 10 High knees x 10 Repeat 3x	<b>19</b> <u>Test of Time</u> 60 sec - 3 rounds 10 squat jumps 10 lunges 10 Frog jumps
<b>22</b> Throw / Catch Using a paper ball from recycle toss 100 x with a family member.	<b>23</b> 10 jumping jacks 5 sit-ups 5 lunges each leg 10 plank jacks	<b>24</b> 5 burpees 15 sec plank 5 squats 5 table pushups	<b>25</b> Listen to music while doing a household chore	<b>26</b> <a href="#">YouTube: The Minion Chase and Freeze Dance</a>
<b>29</b> 15 calf raises 15 high knees 30 sec squat hold 3 rounds	<b>30</b> <u>Copycat</u> Each family member copies the other's exercise choices for 30 sec then switch	<b>Heads or Tails Fitness</b> Round 1: 10 arm circles or 10 jump jacks Round 2: 10 squats or 10 body twists Round 3: 10 hop on one foot or 10 lunges Rounds 4: 10 run in place or 10 toe touches		

