

Physical Literacy Activities for Ages 4 to 6

Parent and child participate in the following activities

- 1) Kick the ball back and forth
- 2) Squeeze the ball between ankles and walk with it; jump with it
- 3) Throw and catch the ball back and forth
- 4) Squeeze the ball between knees and walk with it; jump with it

Let's Go Relays – Each line contains two pairs of parents and children who one at a time do the following activities before returning to the back of their line. The distance traveled in the relay should be 10 to 12m.

- 1) Carry one ball in your hands
- 2) Carry two balls in your hands
- 3) Roll one ball with hands
- 4) Roll two balls, one with each hand
- 5) Dribble ball
- 6) Bounce ball with hands
- 7) Throw ball up in air and catch

Pair Exercises – one ball between parent and child

- 1) Back to back; pass the ball with hands between parent and child by twisting left and right
- 2) Back to back; pass the ball with hands by going above head and then between legs
- 3) Without a ball; parent does activities and movements; child mirrors the same activities; then child leads and parent mirrors

Jungle Run – set up area as diagrammed

- 1) Each parent and child dribbles a ball in area; cannot touch the cones
- 2) While dribbling parent is a lion or tiger or elephant and chases child (who is dribbling) through jungle
- 3) Yellow or orange – coach calls out yellow or orange; everyone dribbles to that coloured side as quickly as possible

