



# EDUCATIONAL GUIDE SHEETS



# Educational Guide Sheets

## Equipment used

### Hoops



*Hoops arranged in a straight line or in slalom formation*

- ▶ Walk into each hoop with or without assistance
- ▶ Walk into each hoop while alternating feet
- ▶ Jump forward, backward and sideways with both feet together
- ▶ Jump forward, backward and sideways on one foot
- ▶ Jump on one foot while alternating feet
- ▶ Walk with hands and feet: one hand in one hoop and one foot in another

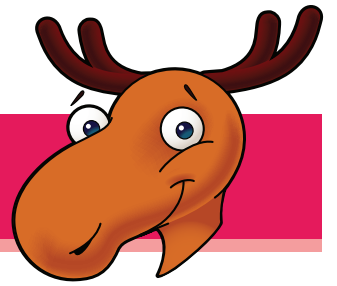
**Motor skill achievements**  
(to vary according to the level)



# Hoops

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- ▶ Jump on one foot while alternating feet
- ▶ Walk with hands and feet: one hand in one hoop and one foot in another



# Trampoline

- ▶ Bend knees
- ▶ Jump with both feet (feet leave the mat)
- ▶ Jump on one foot
- ▶ Jump while alternating one foot with the other
- ▶ Do different jumps in succession



# Step

- ▶ Climb while going forward with assistance
- ▶ Climb while going forward unassisted
- ▶ Descend while going forward with assistance
- ▶ Descend while going forward unassisted
- ▶ Climb while going sideways with assistance
- ▶ Climb while going sideways unassisted
- ▶ Descend while going sideways with assistance
- ▶ Descend while going sideways unassisted
- ▶ Climb while going backward with assistance
- ▶ Climb while going backward unassisted
- ▶ Descend while going backward with assistance
- ▶ Descend while going backward unassisted
- ▶ Jump on the step
- ▶ Jump down the step
- ▶ Jump over steps
- ▶ Jump forward from one step to the other
- ▶ Jump sideways from one step to the other



# High Hurdles

- ▶ Pass under on hands and knees in a forward motion
- ▶ Pass under on hands and knees in a backward motion
- ▶ Crawl under on belly in a forward motion
- ▶ Crawl under on belly in a backward motion
- ▶ Crawl under on back in a forward motion
- ▶ Crawl under on back in a backward motion



# Low Hurdles

- ▶ Step over with assistance
- ▶ Step over using hands to help
- ▶ Step over unassisted
- ▶ Jump over with assistance or unassisted in forward, backward and sideways motion
- ▶ Jump over back and forth



# Incline (climbing)

- ▶ Climb and jump off with assistance
- ▶ Climb and jump off unassisted
- ▶ Climb and jump off into a hoop
- ▶ Ascend while upright and jump off
- ▶ Ascend while upright and jump off into a hoop





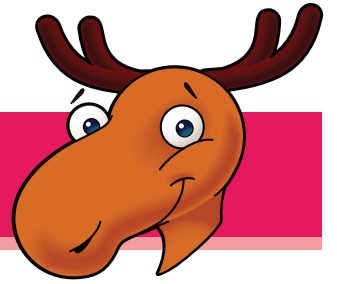
# Swiss Ball

- ▶ Push the ball from point A to B
- ▶ Roll the ball while seated with legs apart or while standing
- ▶ Catch a rolling ball while seated, with legs apart or while standing
- ▶ Catch a tossed ball
- ▶ Roll the ball between two cones
- ▶ Roll the ball while moving backward
- ▶ Roll the ball between two cones while going backward



# Balls

- ▶ Roll the ball while seated, with legs apart or while standing
- ▶ Catch a rolling ball
- ▶ Throw a ball to someone
- ▶ Catch a tossed ball
- ▶ Throw a ball at a target
- ▶ Throw a ball up in the air and catch it
- ▶ Tap the ball with one hand
- ▶ Tap a tossed ball using one hand
- ▶ Throw the ball against the wall and catch it when it bounces back
- ▶ Throw the ball against the wall and catch it after it bounces on the floor once, twice, etc.
- ▶ Throw the ball on the floor and catch it after it rebounds once, twice, etc.



# Party Balloons

- ▶ Throw up in the air over head height
- ▶ Throw to another person
- ▶ Catch a tossed balloon
- ▶ Throw a balloon up in the air and catch it
- ▶ Tap the balloon with one hand
- ▶ Tap a tossed balloon with one hand



# Rings / Hoops

*Throw at a greater or lesser distance based on the child's level*

- ▶ Throw over cones or bowling pins
- ▶ Throw onto a Swiss ball
- ▶ Throw onto a small ball
- ▶ Throw over a predetermined colour cone



# Beanbags

*Throw at a greater or lesser distance based on the child's level*

- ▶ Throw into buckets
- ▶ Throw into a predetermined colour bucket
- ▶ Throw into hoops
- ▶ Throw against a wall
- ▶ Throw a beanbag up in the air and catch it
- ▶ Throw a beanbag to another person
- ▶ Catch a tossed beanbag



# Beam(s)

*Beams set at varying heights according to the age of the children*

- ▶ Walk forward with assistance
- ▶ Walk forward unassisted
- ▶ Walk sideways with assistance
- ▶ Walk sideways unassisted
- ▶ Walk backward with assistance
- ▶ Walk backward unassisted
- ▶ Walk while avoiding obstacles (beanbags, scarves), with assistance
- ▶ Walk while avoiding obstacles (beanbags, scarves), unassisted
- ▶ Walk on the tip of one's toes



# Tunnel

- ▶ Pass through on hands and knees in a forward motion
- ▶ Crawl through on belly in a backward motion
- ▶ Crawl through on back in a backward motion
- ▶ Pass through on hands and knees in a backward motion
- ▶ Crawl through on belly in a backward motion
- ▶ Crawl through on back in a backward motion
- ▶ Pass through on hands and knees in a forward motion then, half-way through the tunnel, turn around and continue backward
- ▶ Crawl through on belly in a forward motion then, half-way through the tunnel, turn around and continue backward
- ▶ Crawl through on back in a forward motion then, half-way through the tunnel, turn around and continue backward



# Overturned Buckets

*Buckets arranged in a straight line or in a zigzag formation*

- ▶ Walk forward with assistance
- ▶ Walk forward unassisted
- ▶ Walk sideways with assistance
- ▶ Walk sideways unassisted
- ▶ Walk backward with assistance
- ▶ Walk backward unassisted

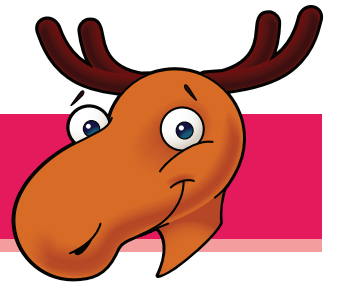




# Footprint patterns

*Arranged in a line or in slalom formation*

- ▶ Walk forward with assistance
- ▶ Walk forward unassisted
- ▶ Walk backward with assistance
- ▶ Walk backward unassisted
- ▶ Walk forward on a hand-foot pattern (bear walk)
- ▶ Walk backward on a hand-foot pattern (bear walk)



# Rope

## *Aligned or winding*

- ▶ Walk forward with assistance
- ▶ Walk forward unassisted
- ▶ Jump forward, backward and sideways from one side to the other with both feet together
- ▶ Jump forward, backward and sideways from one side to the other on one foot



# Basket and Dribbling

*The child is placed at a greater or lesser distance from the basket*

- ▶ Toss into the basket while standing on a step
- ▶ Toss into the basket while from the floor level
- ▶ Dribble the ball on the floor
- ▶ Roll the ball through a slalom course



# Kicking and Passing

- ▶ Kick a stationary ball
- ▶ Take a running kick to a stationary ball
- ▶ Kick a stationary ball into a goal
- ▶ Take a running kick to a stationary ball and send it into a goal
- ▶ Pass the ball to another person
- ▶ Dribble the ball between one's feet
- ▶ Kick a thrown ball against a wall



# Hitting and Passing

- ▶ Push a ball with a small broom
- ▶ Shoot the ball into a goal using a small broom
- ▶ Tap the ball with a stick (hockey stick)
- ▶ Shoot the ball into a goal using a stick (hockey stick)
- ▶ Push the ball with a stick (hockey stick)
- ▶ Pass the ball to another person
- ▶ Pass the ball back and forth with another person and shoot it into the goal



# Hitting

- ▶ Hit a ball with a bat while it's resting on a T-Ball tee
- ▶ Hit a tossed ball with a bat



# Numbered Puzzle Pieces

*Aligned or in slalom formation*

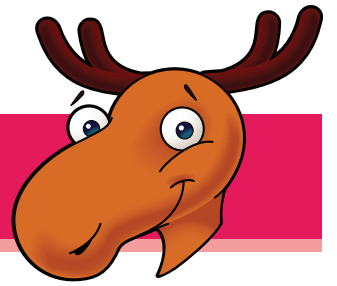
- ▶ Walk forward with assistance
- ▶ Walk forward unassisted
- ▶ Walk backward with assistance
- ▶ Walk backward unassisted
- ▶ Walk sideways with assistance or unassisted
- ▶ Walk on the number called out by the parent
- ▶ Walk forward, backward, sideways or around obstacles, with assistance or unassisted



# Slide

- ▶ Slide down with assistance
- ▶ Slide down unassisted
- ▶ Climb and slide down with assistance
- ▶ Climb and slide down unassisted
- ▶ Slide down with an object held in hands





# Cones in Slalom Formation

- ▶ Walk forward between the cones with assistance
- ▶ Walk forward between the cones unassisted
- ▶ Walk forward between the cones with some speed
- ▶ Walk backward between the cones with assistance
- ▶ Walk backward between the cones unassisted
- ▶ Walk backward between the cones with some speed
- ▶ Perform sidesteps, changing direction at each cone



# Race from A to B

*A: Departure*

*B: Arrival*

- ▶ Run in a straight line with assistance
- ▶ Run in a straight line unassisted
- ▶ Run in a straight line with some speed



# Incline (descending)

- ▶ Roll sideways with assistance (in parent's arms)
- ▶ Roll sideways unassisted
- ▶ Perform a forward somersault with assistance
- ▶ Perform a forward somersault unassisted
- ▶ Perform a succession of somersaults (forward and sideways)



# Overturned "U"

Turn the module over and:

- ▶ Pass under on hands and knees in a forward motion
- ▶ Pass under on hands and knees in a backward motion
- ▶ Crawl under on belly in a forward motion
- ▶ Crawl under on belly in a backward motion
- ▶ Crawl under on back in a forward motion
- ▶ Crawl under on back in a backward motion



# Thin Blue Mat

- ▶ Perform a somersault with assistance
- ▶ Perform several somersaults with assistance
- ▶ Perform a somersault unassisted
- ▶ Perform several somersaults unassisted



## 2- or 3-Wave Mat

- ▶ With assistance, walk over without falling
- ▶ Unassisted, walk over without falling
- ▶ Roll over sideways with assistance
- ▶ Roll over sideways unassisted
- ▶ Go back and forth over the mat with assistance
- ▶ Go back and forth unassisted



# Swiss Ball (balancing)

## *Seated*

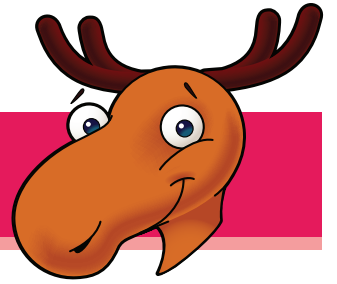
- ▶ Keep balance on the ball with assistance

## *Seated*

- ▶ Keep balance on the ball unassisted

## *Seated or lying on stomach or back*

- ▶ Move around while on the ball with assistance



# Carrying Game

- ▶ Go through a mini-course while carrying an object (more or less complicated according to level)
- ▶ Carry balls in a spoon over a certain distance
- ▶ Carry balls in a spoon while doing a slalom course
- ▶ Carry balls in a spoon while doing a slalom course with obstacles





# Walking Styles

- ▶ **Forward**
- ▶ **Backward**
- ▶ **Sidestepping:** to move from left to right, the child must take a step with his left leg, then shift his weight over to that leg and take a step with the right leg, which will bring both legs together again)
- ▶ **With legs crossed**
- ▶ **Giant steps:** taking big steps while going forward
- ▶ **Prancing and jumping**
- ▶ **Running**



# Animal Movements

- ▶ **Bear:** the child is positioned on hands and feet which are spread apart (no knees on the floor). He begins by raising the hand and foot on the same side of his body and moving them forward and the same time. He then repeats using his limbs on the other side.
- ▶ **Mouse:** on the tip of one's toes, hands in front of chest
- ▶ **Dog:** on hands and knees
- ▶ **Duck:** crouched with feet and knees apart
- ▶ **Elephant:** place one hand behind back and the other arm alongside face
- ▶ **Bird:** walk while flapping arms
- ▶ **Snake:** crawl on the floor using hands and elbows to move forward
- ▶ **Frog:** keep hands on the floor, raise behind and then return to initial position
- ▶ **Kangaroo:** jump with both feet together and hands in front
- ▶ **Rabbit:** while crouched on hands and knees, take a step forward with both hands, then follow with both feet and start again both hands again, etc.



# Types of Jumps

- ▶ Jump with both feet together
- ▶ Jump while alternating feet
- ▶ Jump from one foot to another
- ▶ Hop in place
- ▶ Hop forward, backward
- ▶ Hop while turning

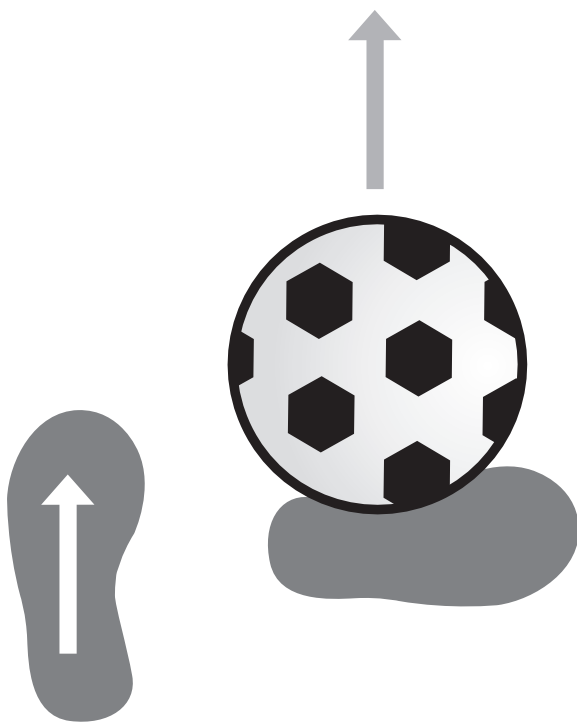


# SOCCER - Passing

- ▶ Tap the ball with the inside of the foot.
- ▶ Pass the ball several times with the right foot, then with the left foot.

*The child will naturally be more at ease with one foot; that will be his dominant foot.*

- ▶ Point the non-dominant foot in the direction of the target and pass with the dominant foot.



Always look at the target before passing the ball.



To identify which is the child's dominant foot, have his parent give him a gentle push from behind. The first foot that his child moves forward is his dominant foot.

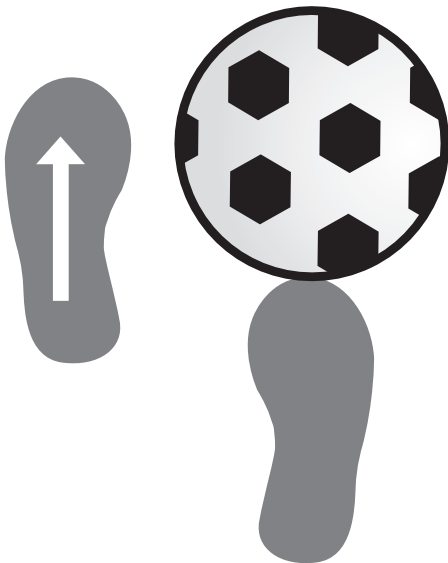


# SOCCER - Kicking

- ▶ Kick the ball with the top of the foot (on the shoe laces).
- ▶ Kick the ball several times with the right foot, then with the left foot.

*The child will naturally be more at ease with one foot; that will be his dominant foot.*

- ▶ Point the non-dominant foot in the direction of the target and kick with the dominant foot.



Always look at the target before kicking the ball.

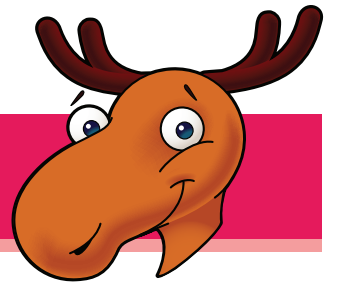




# SOCCER - Dribbling and Controlling

- ▶ Dribble with the right foot only, then with the left foot only and, finally, with both feet.
- ▶ Use the inside and the outside of the feet to control the ball.
- ▶ Keep the body close to the ball for better control.

When coming to a stop, squash the ball to better control it.



# BASKETBALL - Passing

- ▶ Toss the ball with both hands at chest height.
- ▶ Fully extend the hands and wrists before releasing the ball.
- ▶ Apply the full weight of the body for added force and position the foot to better aim at the basket.
- ▶ Aim at the target with both hands and eyes.



Always look at the target before passing the ball.



# BASKETBALL - Tossing into the Basket

- ▶ Propel the ball with both hands.  
Propel the ball with one hand (the dominant one) while the other hand holds it in place.

*The child will naturally be more at ease with one hand; that will be his dominant hand.*

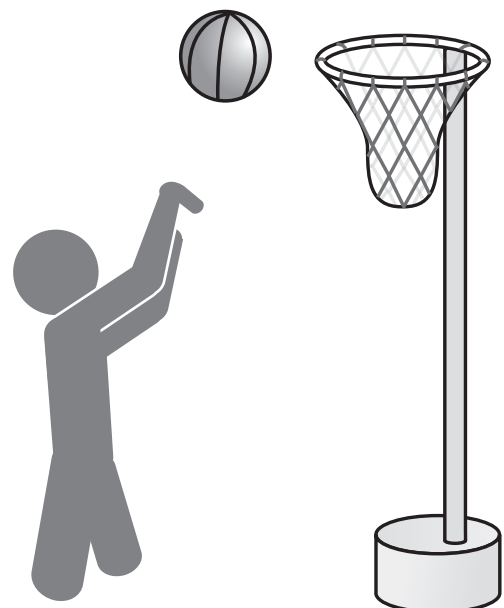
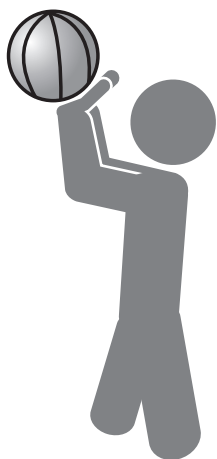


Always look at the target before tossing the ball.

- ▶ Bend the legs to help generate more force when tossing the ball.
- ▶ Fully extend the arm(s) and wrist(s) before releasing the ball.
- ▶ Aim at the basket with the hand(s) and eyes.



As a rule, right handers shoot with their right hand (the dominant one) and left handers with their left hand.







# BASKETBALL - Dribbling and Controlling

- ▶ Dribble the ball using both hands.  
Dribble with the right hand only, then with the left hand only, and, finally, alternate with both hands.
- ▶ Keep the ball close to the body for maximum control.



# BASKETBALL - Pivot Foot

- ▶ Use the dominant foot as the pivot foot (the same as the dominant hand).
- ▶ The pivot foot must always remain in contact with the floor.
- ▶ The other foot rotates around the pivot foot.





# HOCKEY - Stick Handling and Basic Position

- ▶ Hold the stick with one hand placed at the upper end and the other hand in the middle. The distance between them should be the width of their shoulders.
- ▶ Alternate the left- and right-hand positions on the stick.

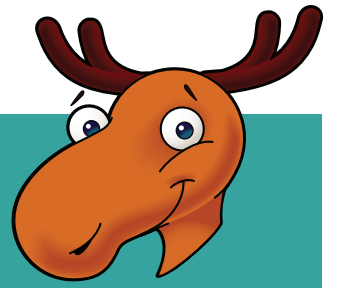
*The child will eventually be more at ease holding the stick with his hands placed one way or the other. That will be his dominant side.*

- ▶ His feet are positioned parallel to each other and spaced at shoulder width.
- ▶ Bend the trunk and knees to ensure the hockey blade remains in contact with the floor.



As a rule, right handers position their right hand at the middle of the stick. This constitutes their dominant side. It's the opposite for left handers.





# HOCKEY - Handling and Controlling the Ball

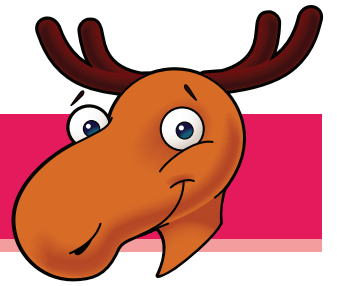
- ▶ Handle the ball using the back and front sides of the stick blade and raising it slightly for better control while moving.
- ▶ Keep the eyes on the ball.



# HOCKEY - Passing

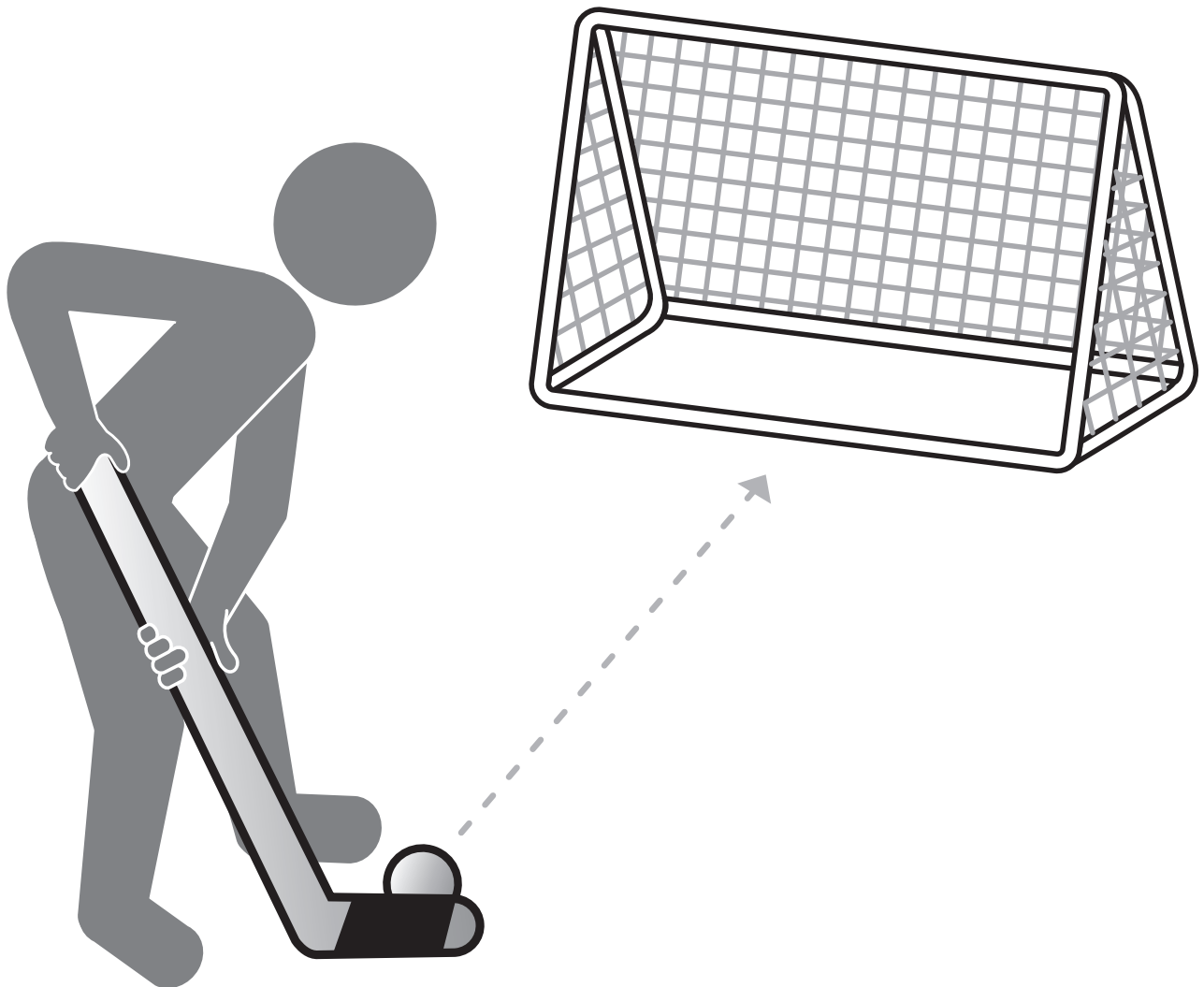
- ▶ Push the ball using the middle of the hockey blade (do not hit it).





# HOCKEY - Hitting

- ▶ In order for the child to hit the ball in the direction of the goal, make sure it is in front of him, between his legs.



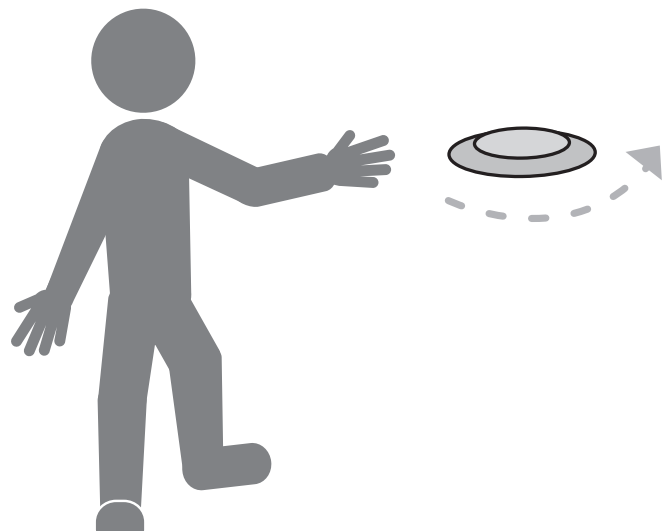


# FRISBEE - Tossing

- ▶ Place the thumb on top of the Frisbee and grip the disk with the other fingers. To avoid the disk from staying in the child's hand when tossing it, make sure he doesn't hold it too tightly.
- ▶ Stand sideways in relation to the target. Create an imaginary line that runs from the two feet to the target. Place the dominate foot in front.
- ▶ The Frisbee's flight path must be parallel to the floor. Swing the arm open and toss the Frisbee forward.
- ▶ Snap the wrist to give the Frisbee a spin.
- ▶ Point at the target with the arm.



As a rule, right handers toss with their right hand (the dominant one) and left handers with their left hand. Their dominant foot is the same as their dominant hand.



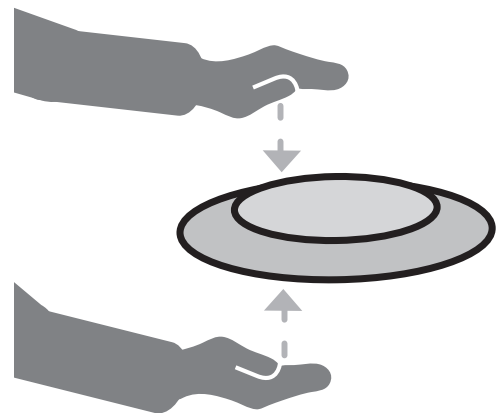
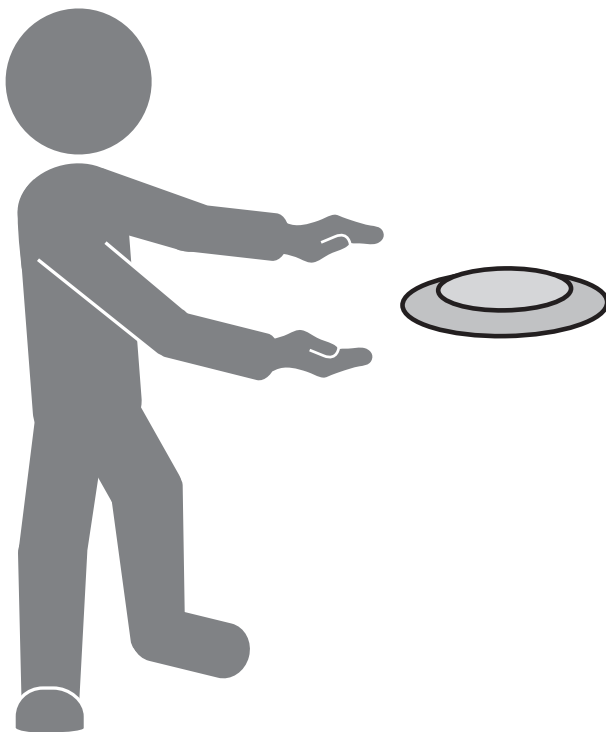


# FRISBEE - Catching

- ▶ Watch the Frisbee throughout its flight.
- ▶ Position the palm of one hand upward and the palm of the other hand downward in a manner that resembles a crocodile's jaw.
- ▶ Clamp both hands on the disk like a crocodile closing its jaw.



Always look at the target before making a pass.



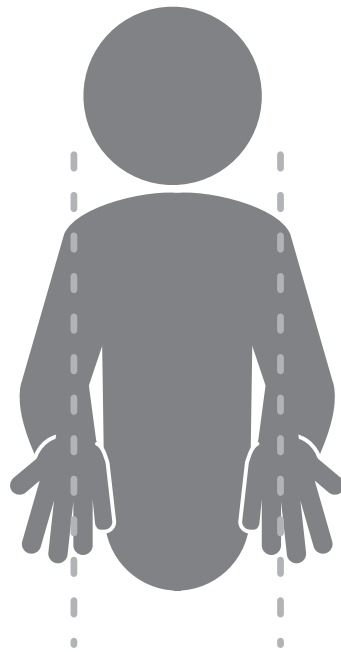




# CIRCUS - Juggling

## Basic Juggling Position

- ▶ Have the child look in front of him.
- ▶ His hands are at a distance equal to the width of his shoulders.
- ▶ The palms of both hands face the ceiling.





# KIN-BALL

## Basic Position

- ▶ The children form a circle around the ball.
- ▶ Bend down one knee.
- ▶ Place both hands on the ball and extend both arms.

