



be fit for life
moving alberta

Children and Youth Initiatives

The Alberta Be Fit For Life Network works in collaboration to provide services, education and resources to encourage self-responsibility in Albertans to be physically active.



MOVE & PLAY Through Physical Literacy

The Be Fit For Life Network has created the Move & Play through Physical Literacy cards to assist activity leaders interested in integrating Physical Literacy into a variety of programs, activities and environments. These cards are designed to be used in a variety of applications including the home, school or community settings. Over 75 cards are included in this set, focusing on Active Start, FUNdamentals, and Learn to Train stages of the Long Term Athlete Development Model.

Target Audience: Leaders, teachers, and coaches who provide active opportunities for children and youth (ages 3-12)

“ The cards offer so much more in the way of activities and how to use equipment in different ways to promote Physical Literacy. Sometimes it is hard to be creative and these cards offer some help and ideas of how to get the most use out of your equipment.

“ The cards have been helpful in getting our leaders to understand how important their role is in developing Physical Literacy in a child’s life.

“ I have shared the resource with many educators who are pleased with the the card sections, especially the tips, cues and variations of the activities.

Move & Play through Physical Literacy Cards

- One set of Move & Play Cards
- Over 75 activities and games that are linked to the FUNdamental Movement Skills

\$40

www.befitforlife.ca

Be Fit For Life Centre | Provincial Fitness Unit
Faculty of Physical Education and Recreation
University of Alberta, Edmonton, AB T6G 2H9 | 780-492-4435

Government
of Alberta



Alberta
Freedom To Create. Spirit To Achieve.

Learn to Train
Ages 9-12

LEARNING TO TRAIN MOVE & PLAY Through Physical Literacy

Circle Throw & Circle Kick

Equipment

- Open activity space
- 1 ball per group (4 to 8 people per group)

Activity Description

- Standing in a circle, before play begins, every participant identifies 1 other participant to whom he or she will pass the ball. Each participant will pass and receive the ball only once per cycle.
- When play begins, the ball runs around the circle and is passed back to his or her original pass to the participant outside of the circle.
- If the ball is dropped, the participant who dropped it next picks it up and passes it to the participant they identified.
- This continues cycle until all participants have passed the ball.
- Activity can be done indoors or outdoors.

6

Active Start
Ages 0-6

ACTIVE START MOVE & PLAY Through Physical Literacy

Growing Flower

Equipment

- Open activity space
- Music (optional)

Activity Description

- Participants find an open activity space in the activity area.
- Participants pretend that they are a flower growing from a seed.

Growing Sequence

- Crouch down into a small seed
- The seeds start to grow and reach up towards the sun
- Extend your arms and stand tall
- The wind blows and your petals wave side to side in the breeze
- The plant bends forward (forward bend) when the plant is thirsty and reaches for the sun
- The flower closes its petals; in the morning it wakes up and opens
- In bad weather the plant slowly crumbles to the ground and becomes a different flower

FUNDAMENTALS MOVE & PLAY Through Physical Literacy

Wizards & Muggles

Equipment

- Open activity space
- Cones to define activity space
- Beanbags (optional)

Activity Description

- Instruct participants to stand facing a partner about 2 metres apart on 1 of 2 lines on the floor. The group will be standing in 2 long lines facing each other.
- Identify 1 line of the participants to be Wizards and the other to be Muggles.
- Designate a safe zone that is behind each line of participants and 5 metres away from a wall.
- Call out a name, that is, "Wizards!" or "Muggles!"
- The participants whose name is called try to tag their partners, who turn around and try to reach the safe zone before being tagged.
- Instruct the group to quickly return to the starting lines and listen for the next name to be called.

32

FUNDamentals
Ages 6-9

Front

Setup

Wizards

Muggles

Skills Explored
Dodging, bending, stretching, turning, stopping, walking, running, chasing, fleeing

Tips...
Remind participants to focus in direction of travel ("look where you are running")

Safety
Ensure space is open and free of obstructions
Encourage participants to:

- Keep eyes open and look in direction of travel
- Tag their partners gently without pushing
- Pivot rather than slide on the floor

Remember...
If the starting point is from the knees or push-up position, talk with participants prior to the activity about how they can get up quickly and efficiently

Variations...

- Participants could keep track of points if desired
- Place a beanbag in the middle between each partner and the partner who grabs the object first attempts to tag his or her partner
- Challenge participants to stand with one foot in the front of the other, on their knees, or in a push-up position prior to starting

Adapted from Ever Active Schools Recipe Card Lesson Plans, Grade 4-6, Individual Activities (1-5) - Wizards and Elves Warm-Up from www.everactive.org/recipe-card-lesson-plans

Back