

Physical Literacy Activities at Home

Gather household items and take a photo or video of an activity you are doing at home to keep active. Challenge your friends, neighbours, and family to do the same and tag us at **#physicalliteracyrichmond** and **#RichmondConnects**

1

Chalk Movement Activities

Supplies: Chalk and a cement surface

Directions: Draw a start point and include different tasks such as dancing, jumping, hopping, spinning, balancing on 1 foot, clapping, going backwards, etc.



2

Gross Motor Obstacle Course

Supplies: Tape or house hold items

Directions: Some ideas: Throwing small bean bags into targets, walking on a line, jumping to a pillow, use variations of movement, walking, running, hopping, jumping, walking backwards and sideways.

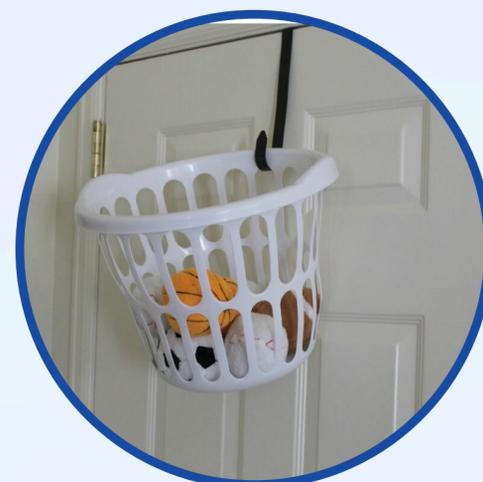


3

Laundry Basketball

Supplies: Plush Ball or Toy, laundry basket, and hook

Directions: Place 1 hook over a fence or door. Place a laundry basket onto the hook. Grab some balls and start shooting!



4

Balloon Tennis

Supplies: 1 - 2 balloons, 2 chairs, 1 piece of string, fly swatters, spatulas or hands!

Directions: Blow up two balloons. Place two chairs a few feet apart in the middle of the room. Tie a piece of string between the chairs. Toss a balloon at one of the players to start the rally, allowing them to hit it back and forth over the string!

