

# Q4: Family

# ACTIVation

# Pack



## INSTRUCTIONS

- Find a safe and suitable play area (inside or outside).
- Select a card at random from the twelve Skills Cards and GET ACTIVE.
- Practice the skill &/or play the game detailed on the card
- Choose a new card when you are ready and play for as little or as long as you like
- Have fun!



Health  
Central Coast  
Local Health District

## Tips for teaching kids movement skills

- Be a **role model**, show **enthusiasm** and **patience** to create a **positive**, fun learning environment.
- **Join in** as much as possible and **play some games and activities that kids suggest**. Children enjoy making up and playing their own games.
- **Get to know the basic movement skills** and 'what to look for' so you can **provide simple and positive tips** to help kids develop competence and confidence over time.
- **Provide feedback** on how to perform the skill eg. "That was a great effort. This time let's put the other foot forward". Providing feedback to kids on what they need to do to improve their skills greatly enhances their learning.
- Record some video footage of kids performing skills and playing games. Play it back for them to see. This is a great form of feedback that really speeds up learning.
- **Focus on one part of a skill at a time** and keep time to a minimum between giving an instruction and allowing a child to practice.
- **Ensure kids experience success**. Draw attention to correct performance rather than mistakes.
- **Keep explanations very brief**, ie. Seconds not minutes. Maximise 'doing' time.
- Don't spend too much time just practicing the components of the skill... boring. Quickly move on to **play a fun game or activity that practices the skill**.
- Explain to kids that **everyone makes mistakes, it's OK and it's a positive part of learning**. It can take time to learn the basic movement skills.

## and always remember:

- **Don't play games and activities for extended periods in hot conditions**. Children are not able to regulate heat as well as adults.
- Always provide sun protection if outside ie. **Slip, Slop, Slap & Wrap**. Seek shade or **avoid outdoor activities in an unshaded area between 11am and 3pm during Daylight Saving time**.
- **Provide and encourage kids to drink water before, during and after being active**. Get kids to drink 150–300ml of water before, 75–200ml every 20 minutes during and 500–1000ml after they have finished playing.
- If going out for a couple of hours, **pack some fruit or healthy snack food to keep up energy levels and concentration**.
- **Be ready for minor accidents with a basic First Aid kit**. Make sure you have the knowledge and skills to use it if you need to.
- Be sure to **make sessions fun and frequent!**