



KNSC Homework Activities

Week 1

What is Physical Literacy

Physical literacy is a journey upon which children and youth, and everyone, develop the knowledge, skills, and attitudes they need to enable them to participate in a wide variety of activities.

Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.



Age Group – U4, U5 & U6



Physical Literacy

- Follow the leader!
- Either indoors or outdoors, have your child “lead” you around, over, under and through obstacles.
- If indoors, your child can lead around, over or under furniture (with your supervision and permission).
- If outdoors, your child can lead around, over, under trees, rocks and shrubs.
- Encourage leaders to vary movements with walking, running, changing direction, stopping, and starting.
- Ensure you are playing in a safe place.

Age Group – U4, U5 & U6

Physical Literacy

- Animal Friends!

Instructions

1. Either indoors or outdoors, pretend to be different animals with your child.
2. Flap your arms like bird wings and “fly” around obstacles.
3. Hop on all fours like a frog, and say “Ribbit-ribbit-ribbit”.
4. Hop on two legs with feet together, and pretend to be kangaroos.
5. Bend your knees, walk with your legs far apart, and swing your arms like chimpanzees.
6. Walk on feet and hands and pretend to be a reptile.
7. Walk on hands and knees and pretend to be kittens saying “meow”.
8. Slide on the floor or ground and pretend to be snakes saying “hiss”.
9. Invent other animal ideas and noises.



Age Group – U4, U5 & U6

- Individual Ball Skills

- Toe Taps - On top of the ball ([Click here for demo video](#))
- Toe Taps - Side to side ([Click here for demo video](#))



Learn from the pros

Click the players name below to find out more about them...

[Christine Sinclair](#)

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Any Questions

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