















Summer Physical Literacy Challenge July 2018

To achieve Physical Literacy children, need to develop the fundamentals of movement by practicing and trying a variety of activities. Each week will focus on an area of Physical Literacy and fitness for the children to explore and develop. Please check off the activities that you and your day home children have practised. **If ten or more squares are checked in each month, you will be entered to win 1 of 2 fitness prize packs for your day home.** Please feel free to adjust the play to include all children in care to be able to participate. Have fun and visit the Sharing Place on Facebook to post activities that the children loved and to encourage and inspire others.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 - Core work	Try rolling up the hill – Any type of rolling is an excellent core challenge but, going up will give the children something new to figure out.	Bear Crawl 	Hula Hoop Dance Party 	Bridging  Have the children try holding this position for certain timed intervals or try using only 1 leg at a time.	Lay on your back, lift legs into the air and pedal your legs like you're on a bike. Try fast, slow, big and tiny pedals 
Week 2 – Speed	Play a Game of Tag , there are so many types to try Freeze Tag, Tunnel Tag or Turtle Tag. Check out this website for lots of different variations www.whatdowedoallday.com/tag-games-for-kids/	Fly A Kite - Whether it is a windy day or not a partner and some speedy legs can make a kite fly! Visit this website with instructions on how to make your own kite http://www.momjunction.com/articles/kite-making-ideas-for-kids_00386136/	Capture the flag Capture the flag is an outdoor game where two teams try and capture the other team's flag from the team's base and bring it safely back to their own base.	Toddler Tiger Tail – This is a game like Tag but, for the little ones you can tuck a piece of fabric “tail” into their pants. The person who is it was to catch all the tails.	A Three-Legged Race 
Week 3 – Balance	Jumping – Measure out several lines and mark them with tape. Have the children measure how far they can jump. Try different versions – 1 foot, 2 feet, sideways.	Yoga – Practicing Yoga is an excellent way to improve balance, proprioception as well as taking time to practice breathing and helping the children to learn to be calm. Visit the library for Yoga DVD's or books or check out this website www.pinkoatmeal.com/alphabet-yoga/	Hopscotch 	Crabwalking  Try a crabwalk soccer game	Side Reach -Start by holding a block of wood in your reaching hand. Bend sideways and reach behind your body and around your legs and place the block of wood on the floor as far to the side as possible while maintain your balance.
Week 4 - Strength	Make your own Roller Coaster – Check out this amazing website for lots of fitness ideas. theinspiredtreehouse.com/create-your-own-roller-coaster-ride/ . To create a fun roller coaster ride all you need is a large sheet or blanket and some friends with strong arms!	Monkey Bars – Whether at the park or in your back-yard Monkey bars are an excellent way for children to strengthen their grip strength- an area that is often neglected.	Wheel Barrow Races 	Stick Pull - This game is one of the many pulling contests that use the idea of the tug-of-war. The two competitors sit on the floor and attempt to pull each other out of position, or to pull the stick out of the opponent's hands.	Laundry basket rides Have one child ride in a basket as the other child pushes or pulls it (works best on carpet or grass)

SUMMER PHYSICAL LITERACY CHALLENGE AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday
Week- 1 Throwing / Catching	<p>Lawn Bowling – Make your own set using recycled bottles and a beach ball</p> 	<p>Frisbee – Set up targets like, hoola hoops, pylons or laundry baskets for the children to aim for.</p>	<p>Butterfly Catch – Using small nets have the children practice catching “Butterflies” (bean bag). One child can toss the bean bag and the other child can work on their catching skills.</p>	<p>Sticky Spider Web – Using Painters Tape (green or masking tape) attached to a door frame the children can work on their throwing skills by tossing crumpled up balls of newspaper at the spidersweb.</p> 	<p>DIY Catcher- Visit the website below for a quick tutorial on how to create these awesome carton catchers. /theimaginationtree.com/diy-easy-catching-game/</p> 
Week –2 Kicking and Hitting	<p>Invite the children to play a fun game of Hacky Sack.</p> 	<p>Beach Ball Badminton – Create your own rackets using 2 paper plates and a paint stir stick taped together</p> 	<p>Boxing – Set up some pillows as a punching bag target for the children. Time them as they punch to see who can last the longest before getting to exhausted.</p>	<p>Drumming – Collect pots, pans, ice cream pails and spatulas to create a drum set for the children to practice hitting. Add numbers to “Drums” and challenge the children to hit the drums in a certain numbered sequence.</p>	<p>Kick the Cup Alphabet Challenge – Visit this website for the details https://funlearningforkids.com/ball-theme-alphabet-activity-kick-the-cup/</p> 
Week – 3 Flexibility	<p>Tai Chi – Visit YouTube for a Tai Chi Tutorial</p>	<p>The Inchworm Stand tall with your feet together. Bend at your waist and put your hands on the ground. Without moving your feet, walk your hands out until your body is almost straight. Stop your hands and don’t move them. Walk your feet up to meet your hands. Stand tall and start again!</p>	<p>Rhythmic Dance – Provide the children with ribbons scarves and some great music and see what amazing dance moves they create.</p>	<p>Pilates is a series of exercises designed to improve flexibility, strength and posture. Visit the Library or Youtube for videos.</p>	<p>Stretches – Visit this website for a series of child friendly stretches. http://www.momjunction.com/articles/stretching-exercises-for-kids_00385971/</p>
Week – 4 Free Play	<p>Mini Golf Course – Visit this website on how to create a Duplo mini Golf Course. frugalfun4boys.com/2015/02/07/lego-duplo-mini-golf/</p>	<p>Car/Bike Wash – Encouraging children to work on vertical surfaces increases their shoulder and elbow stability as well as bilateral coordination</p>	<p>Obstacle Course – Create an amazing course using simple items like, streamers, pool noodles, hula hoops or chalk</p>	<p>Play the board game Twister</p>	<p>Scavenger Hunt – Search for bugs in the back yard or park and then try to mimic how they move.</p>

CHILD'S NAME: _____

EDUCATORS NAME: _____



NORTH EDMONTON FAMILY DAY
HOME
SCHOOL AGE CHILD

Educators please help your school age children in care complete their summer reading challenge. Please write the name of the book that you read in the box. Once completed return sheet to the office and the child will receive a prize pack!

Read a book to a friend	Read some poetry	Read a book about a family different than yours	Have a picnic and pack some books to read	Read a book that was written 50 years ago
Read out loud in a silly voice	Read a book about someone on an adventure	Read a book that you got from the library	Read a recipe and make it together	Read your friend's favorite book
Read a book about nature in a blanket fort	Read a story from the newspaper or a magazine	Read a book about your favorite thing	Write or draw your own story and share with others	Read a book that is older than your mom or dad
Read a book about science	Read a comic book	Read a book about someone who lives in a different country	Read a mystery book in the dark with a flashlight	Read a book under a tree
Read a biography	Read 2 books by the same author	Read a book about an invention	Read a joke book	Read a book about sports

CHILD'S NAME: _____

EDUCATORS NAME: _____



NORTH EDMONTON FAMILY DAY HOME PRESCHOOL

Educators please help your preschool children in care complete their summer reading challenge. Please write the name of the book that you read in the box. Once completed return sheet to the office and the child will receive a prize pack!

Read a book about numbers	Read a book and act it out	Read a book about a family	Have a picnic and pack some books to read	Read a book that rhymes
Read a book about dinosaurs	Read a book about someone very brave	Read a book that you got from the library	Read a recipe and make it together	Read a book about bugs
Read a book about nature in a blanket fort	Read a book about pets	Read a book about your favorite thing	Read a book about vehicles	Read a book that is older than your mom or dad
Read a book about sea creatures	Read a book about superhero's	Read a book to a stuffed animal	Read a book in the dark with a flashlight	Read a book under a tree
Read a book that is about a real person	Read a book about a boy	Read a book that has no words	Read a book about a girl	Read a book about food