

# Safe at home MB.ca



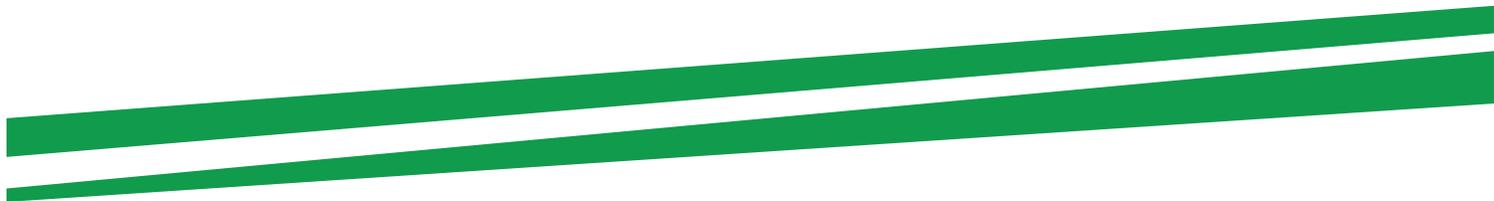
Doctors  
Manitoba



**FIT** KIDS  
**HEALTHY** KIDS

**Sport**  
MANITOBA

We respect the treaties that were made on these lands and acknowledge that Fit Kids Healthy Kids is located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation.



## **Fit Kids Healthy Kids**

Fit Kids Healthy Kids is a physical literacy program founded as a partnership between Doctors Manitoba and Sport Manitoba. We teach you the fundamentals movement skills that help make kids confident and competent in sport, recreation, and life. Our goal of the program are fit, healthy kids that are active for life.

### **What is physical literacy?**

Developing the competency, confidence, motivation, understanding and knowledge to value and take responsibility for engagement in physical activities for life. Physical literacy teaches children and adults the basics of fundamental movement skills.

### **Why teach our children the Fundamental Movement skills?**

Fundamental movement skills are the building blocks of all movements. If we teach children the fundamentals, they have the opportunity to participate in a wide variety of physical activity in different environments throughout their lives.

### **When should children start learning the Fundamental Movement skills?**

We teach children from the age of 2-12. We believe that the earlier children start to engage and practice these skills, this will increase their confidence and competence in a wide range of motions.

### **Do you want your children to sleep better, have higher academic success, greater self esteem, better emotional regulation, and higher level of self control?**

Physical activity is your ticket to success! Physical activity is not just important for physical fitness, but it helps shape their body and mind.

# WHERE DO I START?

## **Find a space in your house that will allow your children to move**

This could be a basement, living room, or their bedroom. Kids do not need a lot of space to be active, but make sure it is safe for them.

## **Add physical activity into your schedule**

Set aside a time each day for physical activity. If you can get into a routine, the child will better adapt to being active and will look forward to it each day.

## **Try out lots of games and activities**

Play as many games as you can! Try different types and challenges and see what games your child likes. This is important to keep in mind – try to avoid games that they do not like. Make sure that it is a fun and engaging learning environment.

## **Do not expect perfection**

Sometimes it can be hard for a child to do the skill correctly. And that is okay! If you are there to encourage them, they are having fun trying, and they are moving their bodies – then just keep at it.

## **You play the most important role**

As a parent, one of your most important roles is to participate. If you are having fun playing and learning with your children, the higher success the child will have.

# 3 TIPS ON CREATING A FUN AND SUCCESSFUL LEARNING ENVIRONMENT

# 1

## **Are they being challenged?**

Children that are underchallenged will get bored. Children that are over challenged will find it too hard. Practice finding the right activity for their personal skill level

# 2

## **Are they learning?**

This could be simply learning a new skill. But are they also learning different rules to the games and able to cooperate and communicate with others?

# 3

## **Most importantly – Are they genuinely enjoying the activity?**

Make sure that the child is showing interest and engaged in the activity.

Now that you have set up your program and understand how to create the best learning environment for your child, let's get to learning the fundamental movement skills and playing some games!

# BALANCE

Balance is the ability to hold your body upright and steady without falling down. Balance is part of almost every skill that we practice. From kicking, leaping, hopping, and even throwing. It is a great skill to practice at home.

## Steps on how to balance:

- Find a flat surface
- Pick a target to focus on
- Keep body upright
- Can spread arms like you're an airplane to help with balance
- Pick up one foot and hold it in the air for as long as you can!
- Pick up the opposite foot and hold it in the air for as long as you can!

## What to watch for:

- If unable to hold body upright, use a wall or object to help keep body upright
- Try not to wobble or move around. You want to stay as still as possible
- Don't hold your breath - breathing normally can help with your balance

## Tips:

- Practice lots on both feet!
- Want to make it harder? Try closing your eyes
- Yoga is a great way to keep practicing your balance in different ways!

**Video:** <https://youtu.be/FqI5lkk6Z5M>



# HOPPING

A hop is jumping from one foot and landing on the same foot. It's a fun skill to practice and needs balance when landing.

## Steps on hopping:

- Start by standing on one leg
- Press that leg into the ground
- Bend the knee and prepare for liftoff!
- You want to land on the same foot

## What to watch for:

- Eyes forward
- Make sure to bend the knee for takeoff for lots of power!
- Practice your balance when you land on each foot
- Use a wall if needed
- Make sure to bend your knee when landing to help absorb the landing

## Tips:

- Use your arms to propel you forward when you hop
- Try hopping on the same foot as many times as you can, and then switch feet
- See how far you can hop on the same foot

**Video:** <https://youtu.be/AQNnOwzoh7s>



# GALLOPING

Galloping is not a hop or a skip, and it should never become quick enough for the movement to become a run. Instead, it's a "toe to heel" movement where the back foot is sliding towards the leading foot.

## Steps on galloping:

- Start with both feet facing forward
- Start with one foot forward - this foot takes lead during the gallop
- The back leg chases the front leg - but never goes ahead

## What to watch for:

- Gallop never become a run - slow down to focus on the movement
- Gallops are quiet movements - try to be quick and light on your feet

## Tips:

- Try this tip to help with foot movement - The fox chases the rabbit, but the fox never catches the rabbit

**Video:** <https://youtu.be/GGj-CAeFVky>



# SKIPPING

Skipping is a great activity that all children should learn. It's fun, easy, and can be incorporated into lots of different games and activities. It's also a great skill to develop coordination.

## Steps to skipping:

- Lead leg steps forward and then hops
- Back leg steps in front of lead leg then hops
- Swing arms in opposition to legs
- Balls of feet should contact floor softly

## What to watch for:

- Landing flat footed or heel first. Remember - Skipping should be a quiet movement
- Eyes should be looking forward
- Arms swinging together rather in opposition to legs

## Tips:

- Challenge the children to skip as quietly as they can!
- Once they have the movement, practice with lots of games
- Change the pace from a slow skip, to a quicker skip

**Video:** <https://youtu.be/V6r36ZeFSBY>



# LEAPING

A leap is jumping from one foot to the other foot! Make it fun and challenging by practicing leaping over a ball or any equipment you have at home.

## Steps on leaping:

- Start by standing on one leg
- Press that leg into the ground
- Bend the knee and prepare for liftoff!
- You want to land on the opposite foot

## What to watch for:

- Eyes forward
- Make sure to bend the knee for takeoff for lots of power!
- Practice your balance when you land on each foot
- Use a wall if needed

## Tips:

- Practice the standing leap first
- Can place tape or a short object on ground to leap over
- To challenge yourself, you can try the running leap
- From a run, you want to leap from one foot, but land on the opposite

**Video:** <https://youtu.be/vop-jAiwEEg>



# JUMPING

Jumping is such a fun activity to practice. But we warn you - once they learn how to jump, they will be jumping around the house!

## Steps to jumping:

- Feet shoulder width apart
- Bends knees
- Swing arms back behind body
- Push up from heel to toes
- Forceful forward motion, swing arms upwards
- Legs straighten in air
- Both feet contact ground at same time

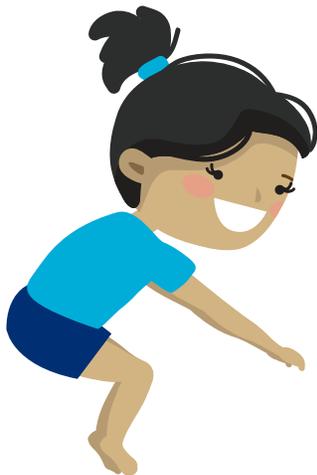
## What to watch for:

- Make sure eyes are looking in direction of jump
- Land on balls of feet
- The key to a jump is landing on both feet at the same time - this can take practice as it involves balance!

## Tips:

- To make it harder, try running and jumping - but remember to land on both feet!
- Can practice jumping over objects - as long as it is safe!

**Video:** <https://youtu.be/5mv4dRiC81c>



# RUNNING

Running is important in so many activities for children! Whether in sports or just on the playground, we want children to feel confident moving their feet quickly!

## Steps to running:

- Head and trunk stable
- Eyes focused forward and watching where you are going
- Land on ball of foot
- High knee lift (thigh almost parallel to ground)
- Bend elbows at 90 degrees
- Your arms should swing forward and backward - not across your body
- Your feet should land under your body
- Remember, try not to slap the ground - running is quiet!

## What to watch for:

- Arms should stay at the side of the body
- Legs shouldn't go out to the side - try to keep them inline with your body

## Tip:

- Younger children love to run - and they don't need a large space to do so! Even a small, safe space can allow for lots of practice time playing games.
- If you're running fast for a short distance, keep those knees lifted high. If you're running a longer distance, you'll want to do a smaller knee lift and do shorter strides.
- Always have water on hand

**Video:** [https://youtu.be/W1aRDBVM\\_WA](https://youtu.be/W1aRDBVM_WA)



# CATCHING

Catching is a complex skill and can take some practice. Eye coordination is very important to track the ball when catching. Practicing and starting slow is the best way to succeed.

## Steps to catching:

- Keep your eyes on the ball/object
- Body in line with the ball/object being caught
- Arms out and ready for the catch
- Hands and fingers are relaxed
- Slightly cupped hands to catch the object
- Close hands and fingers to grip the ball during catch
- Bend elbows to absorb throw

## What to watch for:

- Make sure eyes are following the object
- Remind kids to use their hands not their arms to catch the ball
- Elbows should be slightly bent

## Tips:

- If child is nervous to catch, you can start by rolling it on the ground to them
- Catching can be scary! Try first using a balloon, foam balls, or beach balls

**Video:** <https://youtu.be/jUXTOrDDDHo>



# THROWING

Throwing can build so much confidence in children! Practice with lots of different types of objects, big and small, to help encourage and build their technique.

## Steps to throwing:

- Stand with your non-throwing shoulder towards target
- Transfer weight from back to lead front foot
- Rotate hips and spine
- Stretch arm far back to make an uppercase “L”
- Step with foot opposite of throwing arm
- Throwing arm moves forward
- Let the ball go in the direction of target
- Allow throwing arm to follow through to target

## What to watch for:

- Always step forward with opposite foot
- Transfer weight from back to front foot for more force

## Tips:

- Practicing overhand throwing is great for distance! See how far you can throw!
- Playing games is the best way to practice throwing

**Video:** <https://youtu.be/gHkmuhYom2U>



# KICKING

Kicking is a very common skill used in many different sports and on the playground. It is important that all children are given the opportunity to practice their kicking skills.

## Steps to kicking

- Eyes are focused on the ball/object throughout the kick
- Place non kicking foot near the ball
- For the forward motion, the kicking leg comes forward, with the hip and knee slightly bent
- Ball is contacted with the laces (top of foot), not toes
- Kicking foot follows through to target

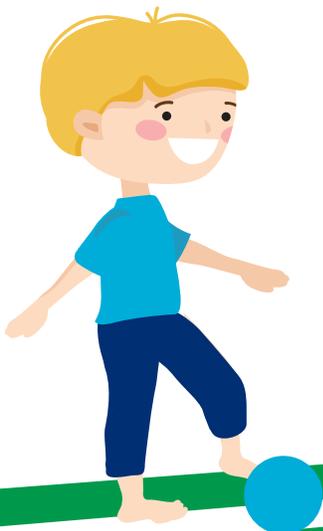
## What to watch for:

- Eyes should be on the ball
- Watch if child is unable to balance during the kick
  - Can use the wall to help with balance

## Tips:

- Use the inside of your foot to kick the ball
- Try to avoid giving too much instruction to younger children - let them practice one movement at a time

**Video:** <https://youtu.be/2t-qXYXTSb4>



# STRIKING

Striking is found in a lot of popular sports and a great skill to practice - even inside. We recommend using balloons or soft objects indoors to keep everyone safe.

## Steps to Striking:

- Feet shoulder width apart
- Non-striking hand holds hand out in front of body
- Opposite foot to striking hand is forward
- Striking arm swings backwards
- Arm swings forward

## What to watch for:

- Make sure to be watching the ball the entire time
- Don't toss ball in air prior to striking

## Tips:

- Make sure there is follow through along the swing path
- Watch the direction of the ball or object after the strike. This can give hints in technique or stance.

**Video:** <https://youtu.be/g2pPn0UHpAw>



# DODGING

Dodging is the ability to quickly change direction when they are moving quickly, such as when running. It is important in group games so that they do not collide with others.

## Steps to dodging:

- Look straight ahead
- When changing direction, use outside of the foot
- Lower body height by bending knees
- Bend knees to create a quick stopping action
- Only one step to a quick change of direction

## What to watch for:

- Eyes looking forward – always watch where going
- Lower body when changing direction for quicker movement

## Tips:

- This is a more complex movement – start slow and practice!
- Set up small obstacles in the house to practice the movement
- Set up a game of tag to make dodging fun to practice

**Video:** <https://youtu.be/ed-rsjwllwo>



# EQUIPMENT

Fit Kids Healthy Kids would like to support your family by offering free equipment.

This equipment can be used to play games and to help practice these fundamental movement skills.

If you'd like a small bag of free equipment, contact us at [fitkidshealthykids@sportmanitoba.ca](mailto:fitkidshealthykids@sportmanitoba.ca) and we will arrange pick-up or shipping.

Please note that this offer is only valid until March 31, 2021.

Only one bag of equipment per family.

