

Transform-Us!

#MoveMore #SitLess

Family Activity Pack



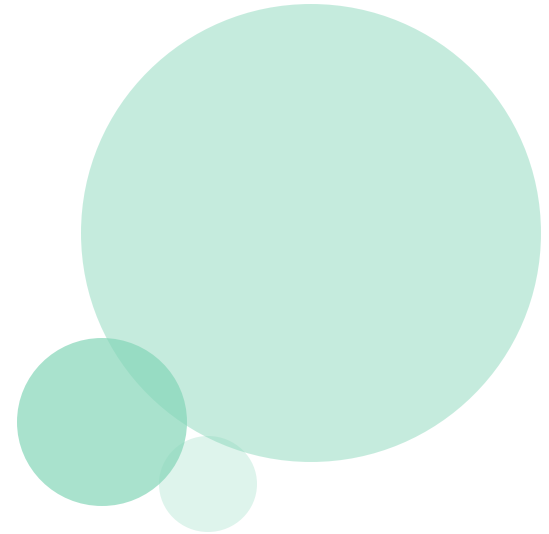
IPAN
INSTITUTE FOR PHYSICAL
ACTIVITY AND NUTRITION



Deakin University CRICOS Provider Code: 00113B

What is KAPS?

- Kids Physical Activity with Parental Support (KAPS) is a family based program developed by Dr. Helen Brown, Deakin University.
- KAPS is a family based physical activity program that helps children be more active outside of school hours by helping parents support their child's activity, their enjoyment of physical activity, and increasing opportunities to be active.



How to Use the Family Activity Pack



1

Parents and kids can use the Activity Planner to plan physical activities for the week.

2

Parents can print the Family Activity Pack and place it on the fridge or somewhere prominent in the house.

3

Parents can create a reward system for when all activities are completed by kids at the end of each day/week.

How to
use the
Family
Activity
Pack





KAPS - My Activity Planner



	ACTIVITY 1			ACTIVITY 2			ACTIVITY 3			COMPLETION
	What	Time	Duration	What	Time	Duration	What	Time	Duration	Did you complete your daily activity targets?
<i>Example</i>	<i>Walk the dog to the park</i>	<i>4:30pm</i>	<i>20 minutes</i>							✓
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										



*Developed by Dr. Helen Brown

KAPS Activity Cards



*Developed by Dr. Helen Brown

Activity Cards

We have provided you with 15 activity cards organised in the following layout:

Space:

The space required to complete the activity

Equipment:

Any equipment required to complete the task

Task:

What the activity involves

People:

The number of people required to complete the task



EQUIPMENT

x 1 playground ball

SPACE

In the garden or park, or hallway inside. Just make sure you have a bit of space around.

PEOPLE

1 player

EXTENSION

All of these skills take practice and can be made harder by doing them faster, with your weaker foot/hand. Extend by putting obstacles down to dribble around.

TASK

Basketball dribble:

- Choose start and finish points, then bounce the ball using one hand from start to finish and back again.

Soccer dribble:

- This is the same as above only you have to use your feet instead.

Toe taps:

- Put the ball in front of you on the floor then tap it on top with the front of your right foot, then your left foot. Then do the same but with a little jump in between. Eventually you will be able to do this whilst pushing the ball forward.



#2 Balloons

EQUIPMENT

—
Balloons

SPACE

—
Inside your home
or classroom

PEOPLE

—
As many as you want!
Most activities can be done
by 1, 2 or 20 people...

TASK

- Hit balloon into the air using as many different body parts as possible.
- Without using hands, try and keep the balloon in the air for as long as possible.
- Keep balloon in the air, take your jumper off, then put it back on before balloon touches ground.
- Time how long you can keep 2 or 3 balloons in the air without touching the ground.
- In pairs, each person to tie a balloon to their foot with a long piece of string.
- Try and stomp on your partner's balloon!
- In pairs, use your arms as bats to hit a balloon to each other.
- In groups of 4 or more, toss a balloon in the air.
- The person who tosses it must call out another person's name and body part which the selected person must keep the balloon in the air with.
- Have a race to see who can blow up a balloon, tie it and bat it in the air 10 times.



KAPS ACTIVITY CARDS

#3 Beanbags

EQUIPMENT

—
Beanbags

SPACE

—
Anywhere!

PEOPLE

—
2 + players

TASK

- One partner throws two beanbags in the air and as they throw, designate a colour which their partner tries to catch.
- Balance beanbag on your heads and race a partner from one end of the room to the other. If the beanbag falls off the other person wins.
- Make a tower of toilet rolls and place them a few metres away. Take turns throwing the beanbag and trying to knock tower over.
- Grab the clothes basket and place it a few metres away. Take turns trying to land the beanbag in the basket.
- Throw the beanbag high in the air and call out someone's name who has to try to catch it.



*Developed by Dr. Helen Brown

#4 Beanbags Target Throw

EQUIPMENT

—
Beanbags
Buckets or containers
for targets

SPACE

—
In the garden, on the
driveway or in a play
room at your house.

PEOPLE

—
1 + players

EXTENSION

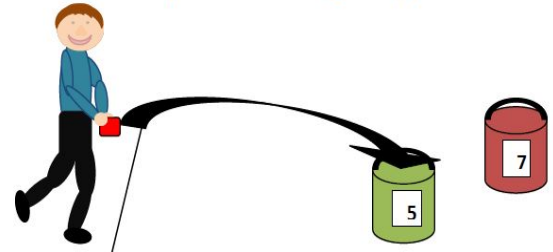
—
You can make this game
harder by introducing smaller
targets, moving the targets
further away or even by using
balls as well as bean bags.

Balls are more likely
to bounce out.

TASK

- The aim of the game is simple:
Set up buckets or containers as targets, spread
them out and put some at funny angles.
- You must throw the beanbags from behind a line
made from string, skipping rope or any object.
- The aim is then to throw the bean bags into the
targets, once all the bean bags have gone add
up your score.
- (Give the target points on how hard they are to get
the bean bag into them).

Activity – Bean Bag Target Throw



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#5 Beanbags Relay Course

EQUIPMENT

Beanbags
Objects to create an
obstacle course

SPACE

In the garden, on the
driveway or in a play
room at your house.

PEOPLE

2 + players

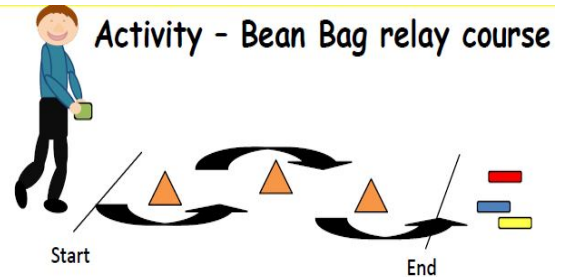
EXTENSION

You can make this game harder by
introducing skills the player must do
during the relay
e.g. run back whilst balancing the bean bag
on their head.

Set up an obstacle course to run around or
set a time limit in which you have to collect
all of the beanbags.

TASK

- Make a simple relay race.
- Set out a start zone and an end zone using your cones.
- Put the beanbags in the end zone.
- On 'Go' you must run and pick up one bean bag at a time and bring it back to the start zone.
- You can take it in turns and whoever does it the quickest wins.



KAPS ACTIVITY CARDS

#6 Crab Soccer

EQUIPMENT

—
Playground ball
Cones

SPACE

—
In the garden or in
the park or inside.

PEOPLE

—
2 + players

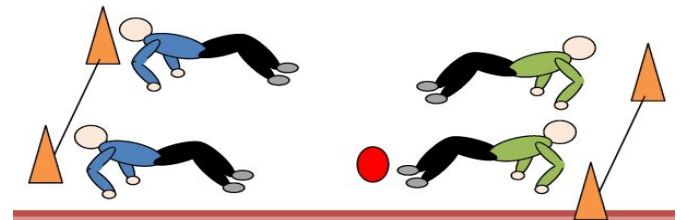
EXTENSION

—
This game can be made harder
by having more players or
smaller goals
Limit player's to only using their
right or left foot to kick the ball.

TASK

- Mark out a playing area with a goal at each end.
 - To start everyone sits and pushes up with their arms so only their hands and feet are touching the floor.
 - The aim is to score more goals than the other player or team.
 - This is done by kicking the ball into the 'goal'.
- * Note; player's can only use their feet to kick the ball

Activity – Crab Soccer



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#7 Cricket Bat Skills

EQUIPMENT

—
Cricket bat
Ball

SPACE

—
In the garden, on the driveway or in the park.
Anywhere you can hit the ball safely.

PEOPLE

—
You do not need anyone else to play this game with you.

EXTENSION

—
Think of different ways to make each task more challenging.
e.g. in task number 2 you could increase the distance between you and the wall.

TASK

—
There are lots of different skills to try!!

- See how many times you can bounce the ball on the flat of the bat without it bouncing on the floor.
- See how many times you can hit the ball off a wall without it bouncing.
- See how many times you can pass the bat around your body in between hitting the ball in the air.
- If the ball falls to the floor you have to start again.



#8 Double Dutch Single Rope

EQUIPMENT

Long skipping rope

SPACE

In the garden, on the driveway or in the park. Just make sure you have a little bit of space around you.

PEOPLE

3 + players

EXTENSION

This game can be made harder by having more than one skipper, having two ropes going at once, or by the skipper entering the rope to skip after it has already started spinning.

Your parents may know some skipping rhymes to make it more fun. Try skipping to music!

TASK

- The rope needs to be held at each end by one person.
- The third person is the skipper, they must stand one side of the rope to start then as the rope is swung around they jump over it.
- The skipper can jump over the rope however they want including; sideways, backwards or alternate feet.



*Developed by Dr. Helen Brown



#9 Grip Ball-Joker in the Middle

EQUIPMENT

—
Grip ball set

SPACE

—
In your garden or in the park.
You can play this anywhere
there is space to throw
a ball safely.

PEOPLE

—
You need a minimum
of 3 players

EXTENSION

—
You can make this game harder
by increasing the number of
jokers in the middle.

TASK

-
- One person is the 'joker' in the middle.
 - The other two players stand each side of the 'joker' and have to throw the ball to each other making sure they catch it on their grip pad.
 - If the 'joker' intercepts the ball, the person who threw it then swaps places with the 'joker' and is now in the middle.



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#10 Grip Ball-Reaction Wall

EQUIPMENT

—
Grip ball set

SPACE

—
On the drive way, the back garden, anywhere there is a wall with space around you.

PEOPLE

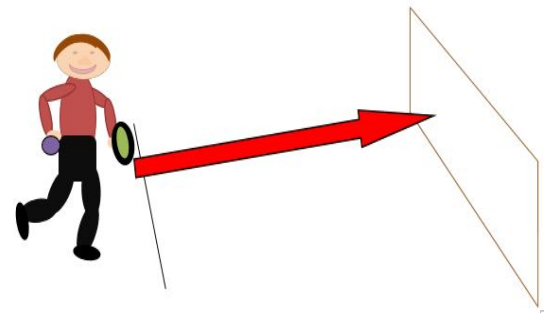
—
1 + players

EXTENSION

—
You can make this game harder by turning away from the wall and throwing the ball.
Having a second player and trying to beat them to the ball (take it in turns to throw) or, swap hands to make it more difficult.

TASK

-
- Facing the wall set a marker that you must stand behind away from the wall.
 - Then throw the ball off the wall and see if you can catch it on your pad before it bounces.
 - You are not allowed to step in front of your marker.
 - You can balance and reach in front of it and move sideways from it but you must not step in front.



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#11 Hula Hoop Catch

EQUIPMENT

x1 Hula Hoop

SPACE

In the backyard or in the park
(any large open space)

PEOPLE

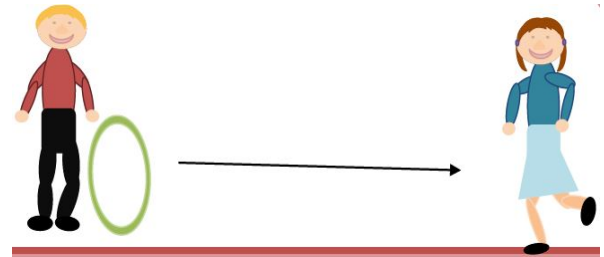
2 + players

EXTENSION

To make this activity harder, increase the number of players throwing, or the distance between players. As you get better try throwing the hula hoop in the air, for the other player to catch.

TASK

- Each player must stand at least 10 steps apart from each other.
- One player rolls the hula hoop to the other in a straight line, with the other player ready to catch the hula hoop.
- The second player will then roll the hula hoop back.



*Developed by Dr. Helen Brown



#12 Hula Hoop Pass

EQUIPMENT

—
x1 Hula Hoop

SPACE

—
Anywhere

PEOPLE

—
3 + players

EXTENSION

—
This game can be made harder by trying to pass the hoop around the circle using just player's feet or, by adding a second hoop if you have one.

TASK

- Stand in a circle with everybody holding hands.
- To start two people need to reach through the hoop and join hands.
- The task is then to find a way to get the hoop around the circle without breaking hands.



#13 Hula Hoop Skills

EQUIPMENT

x1 Hula Hoop

PEOPLE

1 player

SPACE

Anywhere!
Just make sure you
have a bit of space
around you

TASK

There are lots of different skills you can try with your hula hoop, here are just a few:

- **Waist spin:** Hold the hoop at waist height with both hands then, spin the hoop in one direction at the same time as rotating your hips. The hoop may drop the first few times you try this but keep practising and it will stay up.
- **Knee spin:** Stand straight with your legs and feet together and place the hoop at your knees, just so it is touching the back of your knees. Give the hoop a twirl and spread your arms out for balance. Move your knees backward and forward with the hoop's rotation, and the hoop should spin just above your knees. Again this takes practice.



#14 Knock Out

EQUIPMENT

x 1 playground ball
cones

SPACE

In the garden, on the driveway or in the park.
Just make sure you have a little bit of space around you.

PEOPLE

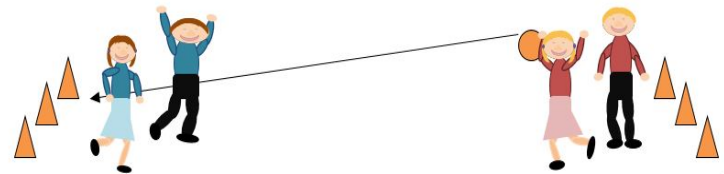
2 + players, divided evenly into 2 teams.

EXTENSION

To make this game harder add more balls or add more cones to knock down.
You can also increase the number of players.

TASK

- Divide the players evenly into 2 teams.
- Each team gets the same number of cones and lines them up behind their team.
- The ball starts in the centre of the 2 sets of cones.
- When the game starts the players run to get the ball first.
- The aim is to knock down the other team's cones, while defending your own.
- The team to knock down all of the other teams cones first wins.



#15 Kwik Cricket

EQUIPMENT

—
x 1 cricket bat
x 1 ball

SPACE

—
In the garden, on the driveway or in the park. Anywhere you can hit the ball safely.

PEOPLE

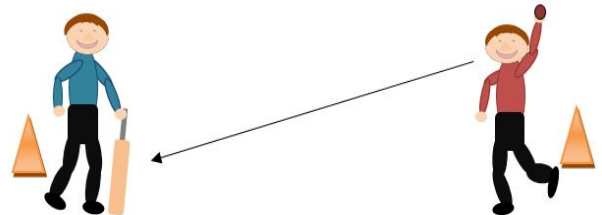
—
Minimum of 2 players

EXTENSION

—
You can make the game harder by introducing fielders, extending the distance between cones or only being able to stump the batter out at one end.

TASK

- One person is the bowler and one person is the batter.
- The bowler bowls the ball to the batter (under arm) and the batter tries to hit the ball as far away as possible.
- The batter must run between the two cones even if they miss the ball.
- The batter is out when the bowler:
 - catches the ball on the full,
 - hits the cone behind the batter when they bowl the ball,
 - hits the stumps whilst the batter is running between cones.
- The bowler can stump the batter out by touching one of the cones with the ball before the batter gets to it.



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#16 Create Your Own Activity!

EQUIPMENT
—

SPACE
—

PEOPLE
—

EXTENSION
—

TASK
—

1.

2.

3.

4.

5.

