



# KIDDO AT-HOME ACTIVITY PACK



THE UNIVERSITY OF  
WESTERN  
AUSTRALIA



**KIDDO IS ON A MISSION TO GET KIDS MOVING WELL  
AND MOVING OFTEN, WHEREVER THEY MAY BE!**

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## **WHAT'S INSIDE?**

This pack is full of great games, challenges, and activities for children 3-8 years-old to play at home.

All of the activities have been specially designed by the KIDDO Team at the University of Western Australia to develop children's skills, confidence, motivation and knowledge to lead a happy, healthy and active life.

Also included are heaps of tips for parents, to take part in their children's development.

You don't need any special equipment or skills to join in.  
So what are you waiting for?

# BUILDING PHYSICAL LITERACY

Hey there, Parents!

All of the activities within this pack are designed to develop physical literacy. Physical literacy is like a toolkit for leading an active life. It includes having the skills, confidence, motivation and knowledge to be active. The early years really sets the foundation for physical literacy, as children learn the basic skills such as run, jump, throw and catch and develop the confidence to be active, so it's really important that children get lots of opportunities to explore and practice.



The activities in this pack are mostly designed for children to do without the need for supervision. You may like to help them with set-up, or just leave some active play equipment out each day for them to play and explore the skills.

There are also lots of fantastic opportunities to join in games and activities with your children, and support them to develop physical literacy.

To help you, at the end of the pack there is parent information for teaching fundamental movement skills, a core component of physical literacy.



# \_\_\_\_\_'S KIDDO STAR CHART

(write your name)

Each time you complete one of the KIDDO activities, colour one of the stars next to it and trace a star at the bottom.

See if you can collect all 36 stars!!

BEANBAG BALANCES



BALLOON KEEP-UPS



CATCH THE  
MAGICAL CREATURES



CATCHING CHALLENGE



JUMPING COURSE



UNO MOVE



BALANCE COURSE



DANCE PARTY



SCAVENGER HUNT



BUILD AND DESTROY



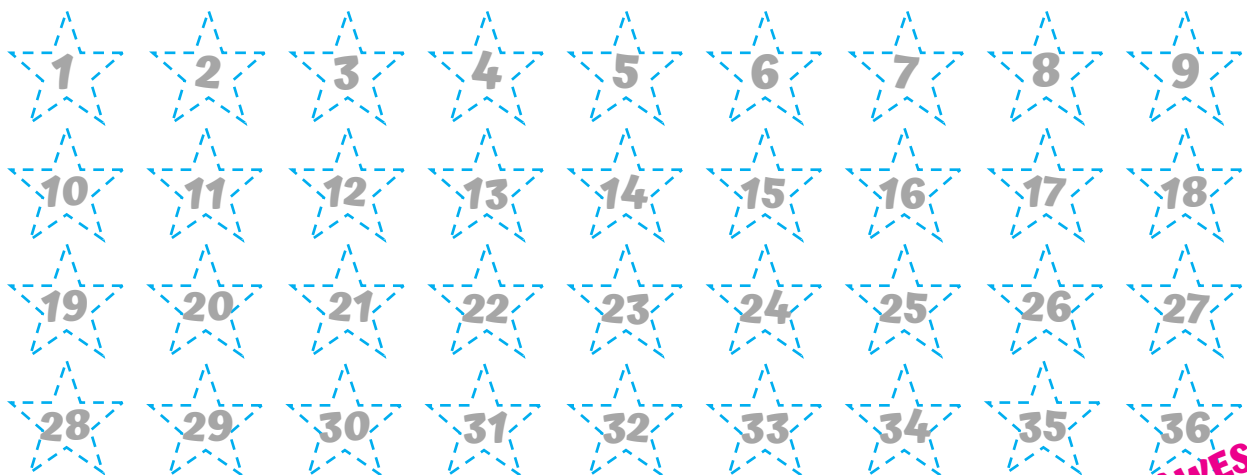
MINI GOLF



MY ACTIVITY



TRACE A STAR EVERY TIME YOU COMPLETE AN ACTIVITY



AWESOME!

# WANT TO TEST YOUR SKILLS BEFORE YOU START? TRY OUR AT HOME CHALLENGES!

## TEST YOUR BALANCE



Balance on one leg for as long as you can and get someone to time you

### MY SCORES

Right Leg

seconds

Left Leg

seconds

## CAN YOU CATCH?



Bounce and catch a basketball as many times as you can in 20 seconds

### MY SCORES

First Try

catches

Second Try

catches

## HOW FAR CAN YOU JUMP?



Measure how far you can jump without a run-up

### MY SCORES

First Try

centimetres

Second Try

centimetres

## HOW FAR CAN YOU KICK?



Measure how far you can kick a soccer ball

### MY SCORES

First Try

metres

Second Try

metres

DID YOU KNOW YOU CAN DO THESE CHALLENGES ON THE KIDDO WEBSITE AND GET INSTANT FEEDBACK?

Head to [www.kiddo.edu.au/challenges](http://www.kiddo.edu.au/challenges)

# ACTIVITIES

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WE HAVE 11 GREAT ACTIVITIES FOR YOU TO TRY AT HOME,  
PLUS YOU CAN MAKE UP AN ACTIVITY OF YOUR OWN!!

LOOK FOR THIS LOGO IN THE CHALLENGE HEADINGS



CLICK IT TO SEE A YOUTUBE VIDEO OF THE GAME  
AND OTHER GREAT GAME IDEAS

**HOW MANY BEANBAG BALANCES CAN YOU DO?**

How many levels can you pass without the beanbag falling off?

- Level 1** - Balance the beanbag on your head
- Level 2** - Balance the beanbag on your elbow
- Level 3** - Balance the beanbag on your foot
- Level 4** - Balance on one leg with the beanbag on your head
- Level 5** - Walk around with the beanbag on your head
- Level 6** - Jump with the beanbag on your head
- Level 7** - Hop with the beanbag on your head
- Level 8** - Complete your balance course with a beanbag on your head

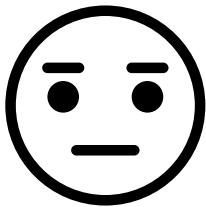


**Here are some tips to help you:**

- ✓ Head up
- ✓ Arms spread like an aeroplane
- ✓ Look straight ahead

**How did this challenge  
make you feel?**

Colour the face



**DON'T HAVE A BEANBAG?**

**You can make one using a sock and some rice**

**Draw a picture of yourself doing the challenge**



## HOME CHALLENGE: CATCH THE MAGICAL CREATURES

### Set up your own game of Catch the Magical Creatures

Here is a list of things you will need:

- ✔ Baskets or buckets
- ✔ Toys
- ✔ Balls

### How to Play

- ✔ Place a toy in each basket or bucket
- ✔ Spread the baskets around your play space
- ✔ Stand a few metres back from the baskets

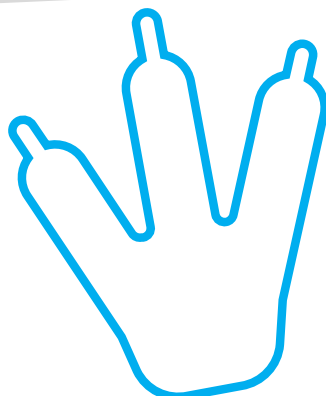
**YOUR MISSION IS TO CATCH ALL OF THE  
MAGICAL CREATURES BY THROWING YOUR  
BALL INTO THE BASKET**

**If your ball lands in the basket, run and grab  
the toy out of the basket, keep going until  
you have caught all of the creatures**

**Make it harder by moving the baskets  
further away**

**How many creatures  
did you catch?**

**Write in the footprint**



Here are some tips to help you throw:



Ready: Stand side on like a surfer



Aim: Make a muscle arm



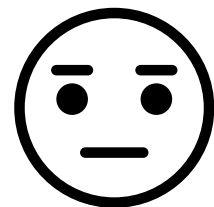
Point non-throwing arm at target



Fire: Step with non-throwing side foot and throw

**How did this challenge  
make you feel?**

Colour the face







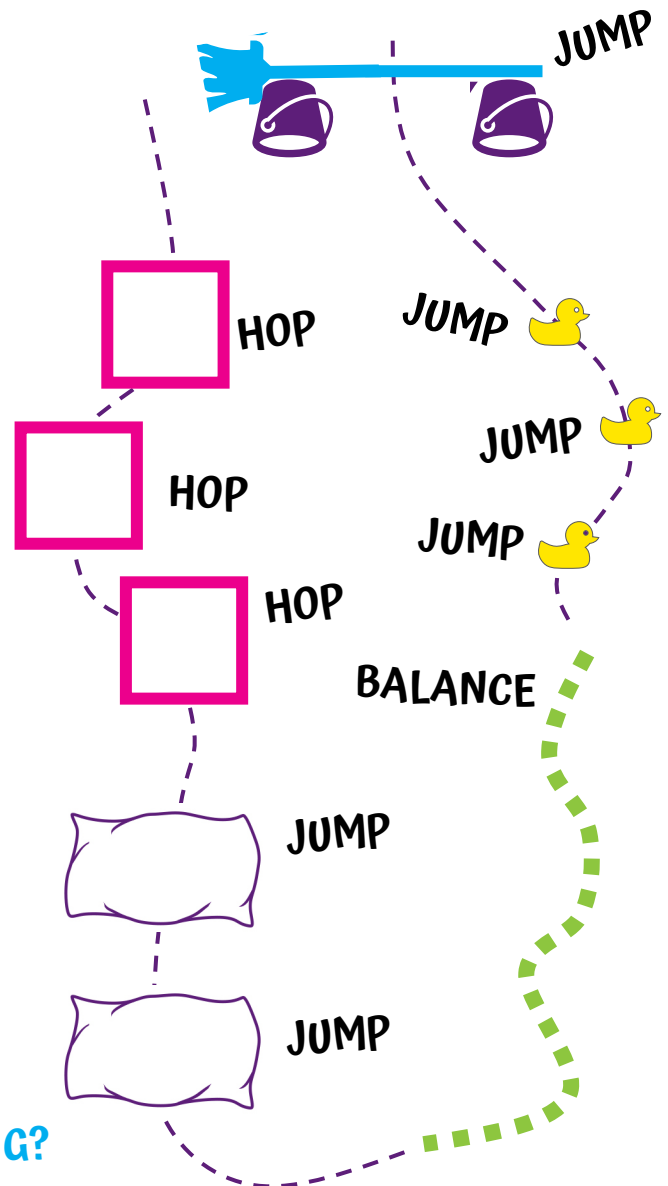
**BUILD YOUR OWN JUMPING OBSTACLE COURSE IN YOUR BACKYARD OR LIVING ROOM**

Here are some ideas of things you could find around your house to put in your course:

- |            |                 |
|------------|-----------------|
| 1. Pillows | 4. Rope         |
| 2. Toys    | 5. Pots/buckets |
| 3. Tape    | 6. Broom        |

Here are some tips to help you:

- ✔ Take off - Swing and spring
- ✔ In the air - reach for a star and pull it down
- ✔ Landing - land like you're on a motorbike, knees bent, arms forward



**HOW GOOD WERE YOU AT JUMPING?**

Colour the stars





**Build a balance course in your house or backyard. All you need is some masking tape (or chalk)**

**Here are some tips to help you balance**



Head up



Eyes looking forward



Arms out like an aeroplane

**Draw your Balance course**

**Here are some ideas:**

**Balance beam**



**Hopping**



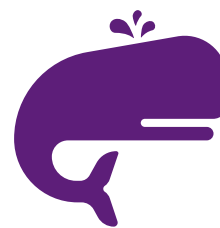
**Star Jumps**



**Zig Zag**



**Circle the object that your arms should look like when balancing:**





**KEEP THE BALLOON UP WITH YOUR FEET  
DON'T LET IT TOUCH THE FLOOR!**



**Here are some tips to help you:**

- ✔ Eyes on the balloon
- ✔ Kicking foot like a penguin  
(turned outwards)
- ✔ Step, swing and kick!

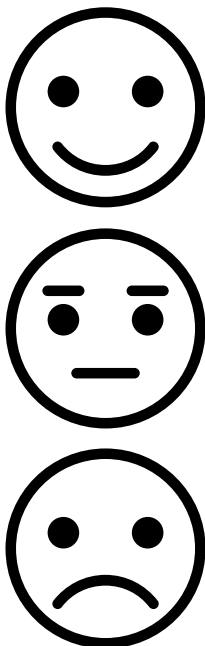
**How many kicks did you do before  
the balloon hit the floor?**

Write the number of kicks on the  
balloon.

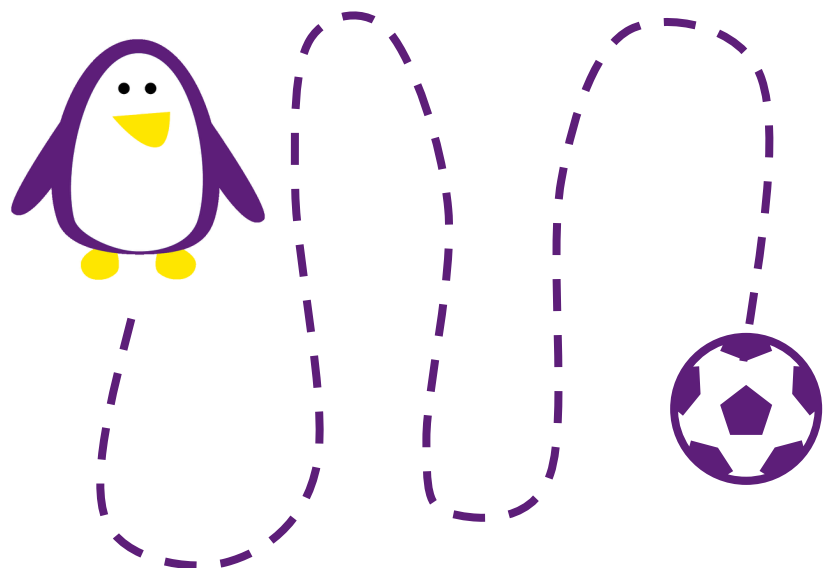


**How did this challenge  
make you feel?**

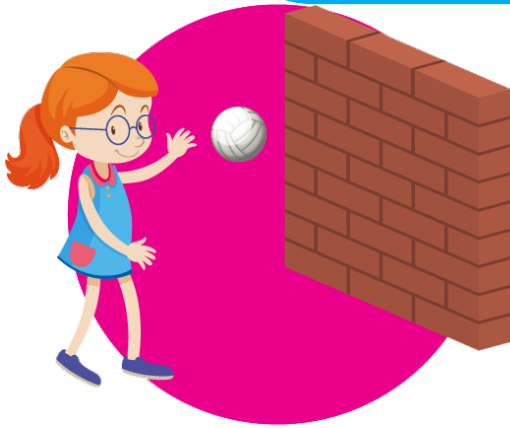
Colour the face



**Trace the line to make the  
penguin kick the ball**



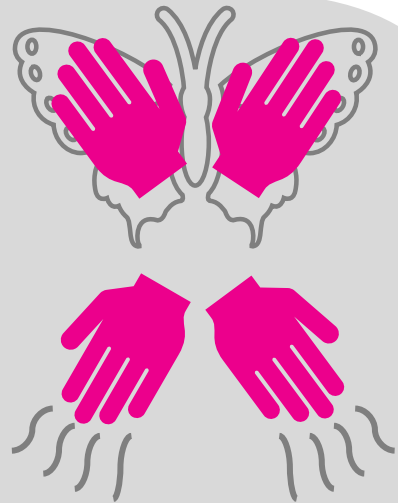
**HOME CHALLENGE:  
HOW MANY CATCHES CAN YOU DO?**



**THROW A BALL AGAINST A WALL  
AND TRY TO CATCH IT**

**Here are some tips to help you:**

- ✔ Eyes on the ball
- ✔ Hands move towards the ball
- ✔ If the ball is high, hands like a butterfly
- ✔ If the ball is low, fingers down like wriggly worms

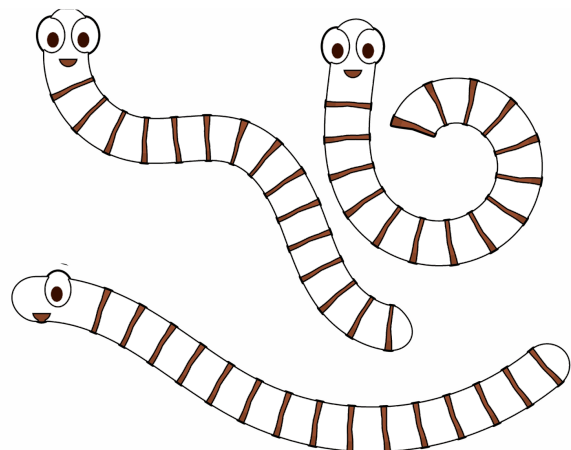
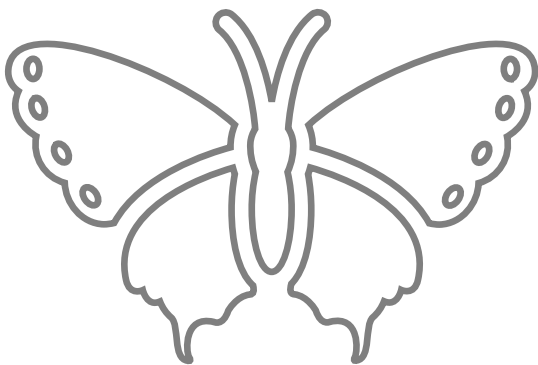


**How many catches did you do in a row?**

**Write the number of catches on the ball**



**Colour in the butterfly and worms**



**Turn your UNO™ game into UNO™ Move**

You'll need a deck of UNO™ cards.

**How to Play**

- ✔ Choose a movement you are going to do for each colour and write them in the boxes (e.g. Star jumps, hopping, bounce & catch)
- ✔ Play your UNO™ game as normal
- ✔ Each time a coloured card is put down, opposing player must perform the movement as many times as the number on the card

**Write your movements in the boxes**

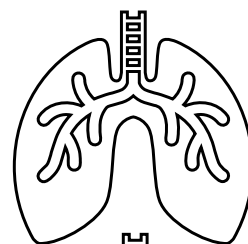

**And the winner is...**

**Draw a picture of yourself playing UNO™ move**

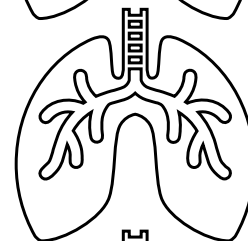
**How puffed out did you get?**

**Colour in the lungs**

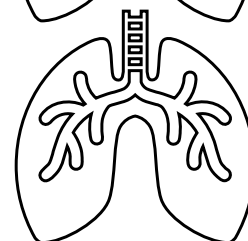
**HEAPS!**



**A FAIR BIT**



**A LITTLE**





**BUILD AND PLAY YOUR OWN  
MINIGOLF COURSE!**

**Here are some ideas to build  
your course:**

**Use anything as a club and  
ball, pool noodle, cardboard  
tube, rolled up socks, rolled  
up paper**

**Here are some tips for  
striking skills:**

- ✔ Hands together
- ✔ Stand side on
- ✔ Writing hand at the bottom
- ✔ Eyes on the ball

**Obstacles:**

- Toys
- Teddies
- Ramps
- Blocks
- Chairs

**Boundaries:**

- Wood
- Walls
- Blocks
- Books

**The Hole:**

- Jar
- Toilet roll
- Bucket
- Cup

**PLAN YOUR COURSE**

**START**

**FINISH**





**PRACTICE YOUR THROWING WITH A GAME OF BUILD AND DESTROY**

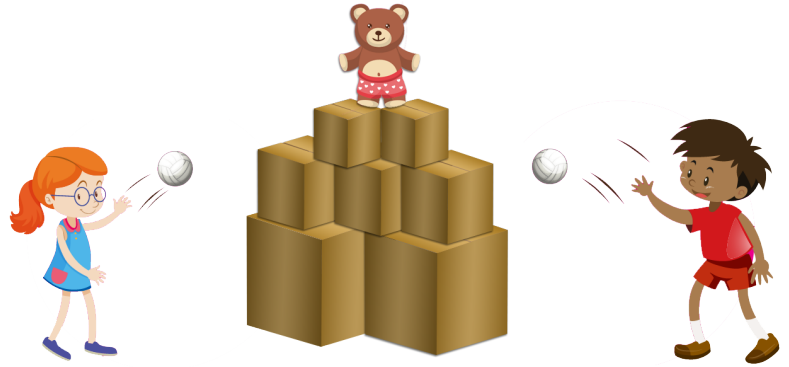
**HOW TO PLAY**

**Build a tower in your house or backyard in a place that is safe to throw.**

**You can use things like boxes, toys, pillows, and cushions.**

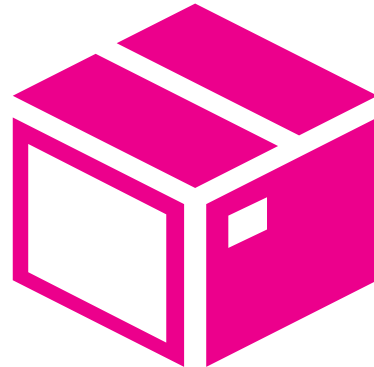
**Stand a few metres back and throw balls at the tower, trying to knock it down.**

**Count the number of throws it takes to knock it down!**



**HOW MANY THROWS DID IT TAKE TO KNOCK DOWN YOUR TOWER?**

**Write it on the box**



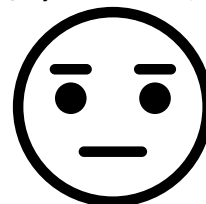
**HOW GOOD WERE YOU AT THROWING?**

**Colour the stars**



**How did this challenge make you feel?**

**Colour the face**



Ready: Stand side on like a surfer



Aim: Make a muscle arm



Point non-throwing arm at target



Fire: Step with non-throwing side foot and throw



**HAVE A DANCE PARTY IN YOUR  
LIVING ROOM OR BACKYARD!**



**Kiddo has Spotify playlists full  
of great songs for kids  
including:**

- ✔ Peter Coombe
- ✔ Sticky Kids
- ✔ The Wiggles

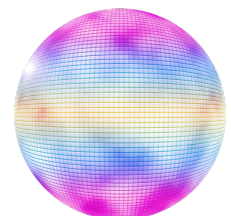
**+ a bunch of great pop hits**

**Search KIDDO\_AU in Spotify to  
see all our playlists**

**Draw yourself doing your best  
dance move!!**

**Get the dancers to the Disco**

**Trace the line**







**GO ON A FAMILY NATURE SCAVENGER HUNT!**

**TRY AND FIND EVERYTHING ON THE LIST**

**Remember to tick them off as you go**

- The Southern cross
- A mushroom or fungus
- A bird's nest
- An animal's footprint
- Paper bark
- A perfect climbing tree
- A gumnut
- A large feather
- A heart-shaped stone
- A waterfall
- A herb garden
- A sunrise or sunset over the horizon
- An animal that lives underwater
- A farm animal
- A clover (try find a four-leaf clover)
- A spider's web

**DRAW YOUR 3 FAVOURITE FINDS**

**MAKE UP YOUR OWN ACTIVE ACTIVITY OR GAME**

**You can do whatever you like, using anything around your house as long as it gets you huffing and puffing. Get your family to play with you.**



**MY GAME**



**MY GAME IS CALLED \_\_\_\_\_**

**DRAW OR WRITE HOW YOUR GAME WORKS BELOW**

**Need some ideas?**

**You could use things like boxes, toys, pillows, and cushions, milk cartons, balls, tape, baskets, buckets, cardboard tubes, socks**

**THE BEST PART OF MY GAME IS...**

# WANT TO SEE IF YOU'RE IMPROVING?

## TEST YOURSELF AGAIN!

### TEST YOUR BALANCE



Balance on one leg for as long as you can and get someone to time you

#### MY SCORES

Right Leg

seconds

Left Leg

seconds

### CAN YOU CATCH?



Bounce and catch a basketball as many times as you can in 20 seconds

#### MY SCORES

First Try

catches

Second Try

catches

### HOW FAR CAN YOU JUMP?



Measure how far you can jump without a run-up

#### MY SCORES

First Try

centimetres

Second Try

centimetres

### HOW FAR CAN YOU KICK?



Measure how far you can kick a soccer ball

#### MY SCORES

First Try

metres

Second Try

metres

DID YOU KNOW YOU CAN DO THESE CHALLENGES ON THE KIDDO WEBSITE AND GET INSTANT FEEDBACK?

Head to [www.kiddo.edu.au/challenges](http://www.kiddo.edu.au/challenges)

# LOOKING FOR MORE?

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WE HAVE 100 MORE AT-HOME ACTIVITIES FOR YOU TO TRY!!  
CROSS THEM OFF AS YOU GO - SEE IF YOU CAN DO THEM ALL

# AT-HOME INDOOR ACTIVITIES FOR KIDS [WWW.KIDDO.EDU.AU](http://WWW.KIDDO.EDU.AU)



Hallway Soccer



Balloon taps – use your hand/feet/a broom



Dance party



Masking tape maze  
create & hop/jump/skip/run through it



Musical statues



Indoor obstacle course



Milk carton bowling



Spider web throw



Lucky dip -activity of the day



Activity stations  
Balance on one foot Throw & catch  
Walk balancing teddy on head



Catching challenges  
[www.kiddo.edu.au/promote](http://www.kiddo.edu.au/promote)



Sack races  
use your old pillow slips



Balance challenges



Roll a dice fitness fun



Have a go at the KIDDO Challenges catch/balance/jump



Make a mini golf course



Catch the magical creatures  
<https://kiddo.edu.au/activities/catch-magical-creatures>



Animal walks  
crab/bear/snake/kangaroo



Floor is lava



Indoor Skating  
wear paper plates or face cloths on feet and skate around wooden or carpet floors



Beanbag balances  
fill a sock with rice to make a beanbag



Balloon tennis



Sock basketball – use a bucket as a goal, how many goals can you get?



Musical chairs



Make up your own dance routine

# AT-HOME OUTDOOR ACTIVITIES FOR KIDS [WWW.KIDDO.EDU.AU](http://WWW.KIDDO.EDU.AU)




**Build & destroy**  
Build a castle using household items. How many throws to knock it down?




**Footpath chalk games - hopscotch**




**Nature scavenger hunt**



**Wall ball**  
[www.kiddo.edu.au/activities](http://www.kiddo.edu.au/activities)




**Kick & Chase**  
kick a ball and chase after it, try to stop it with your foot




**DIY backyard obstacle course**



**Footpath chalk games - jumping patterns**



**Climb a tree**



**Diminishing targets**




**Goal scoring bonanza**  
set-up goals using a laundry basket. How many can you get?




**Catching challenges**




**Footpath chalk games - design your own game**




**Minefield**  
dribble a soccer ball around obstacles, now try bouncing




**Play a game of four square/handball**



**Run/roll down a hill**




**Skipping rope games**



**Super throw**  
how far/high can you throw?  
Try underarm & overarm




**Stocking Striking**  
put a pair of socks in a stocking and hang from a tree, try and hit




**Ride a bike or scooter on the footpath**



**Ready, aim, fire**  
draw targets on a wall with chalk and throw/kick at them




**Here, there, everywhere**



**Jump & measure**  
use a measuring tape to see how far/high you can jump



**Make a ninja warrior course**



**Create your own game with a ball**



**Crab walk**  
walk on all fours with belly facing up

# AT-HOME FAMILY ACTIVITIES

WWW.KIDDO.EDU.AU



Balance Twister



Balloon tennis



Family Dance off



Uno-move  
[www.kiddo.edu.au/activities](http://www.kiddo.edu.au/activities)



Simon Says



Tag games



Wicked Witch



Family walk



Read & act our We are going on a Bear Hunt



Soccer penalties



Shrink & grow



Sack races  
use your old pillow slips



What's the time Mr Wolf



Family bike ride



Witches Cauldron



Connect 4  
<https://kiddo.edu.au/activities/connect-4>



Catch the magical creatures  
<https://kiddo.edu.au/activities/catch-magical-creatures>



Limbo



Floor is lava



Follow the leader



Hide & Seek



Wheelbarrows



Broom hockey



Musical chairs



Make up your own dance routine

# CREATE YOUR OWN AT-HOME ACTIVITIES FOR KIDS

[WWW.KIDDO.EDU.AU](http://WWW.KIDDO.EDU.AU)



Learn how to throw a frisbee



Make up a new game involving a ball



Learn a new trick with a skipping rope



Make up your own dance routine



Create a scavenger hunt around the house



Learn some yoga poses



Make a ribbon stick & play with it outside



Make a paper plane see how far it flies



Bubble Play how many you can pop



Make your own quoits set out of household items



Play a mirror game child copies the movement made by parent or sibling



Make a hobby horse and ride around on it



Learn how to play lawn/carpet bowls



Play a game of Lily pads and Leapfrogs Using household items



Make cardboard boxes into cars play "cardboard box car trip" - adaptation of hula hoop car trip



Provide a range of scarves and dress-ups



Learn how to play FLIP IT with a water bottle



Try learning & dancing to some of Peter Combe's action songs



Build a castle out of boxes and blocks



Learn how to do a handstand



Do the Hokey Pokey



Have a go playing elastics



Practice forward rolls on the bed



Wet sponge design Throw wet sponges at a wall to make a design



Have an egg and spoon race



# PARENT TIPS

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THE NEXT FEW PAGES PROVIDE PARENTS WITH SOME GREAT TIPS TO USE WHEN DEVELOPING FUNDAMENTAL MOVEMENT SKILLS WITH THEIR CHILDREN. WE ALWAYS TRY TO USE CHILD-FRIENDLY TEACHING CUES WHERE POSSIBLE AND EMBED SKILL LEARNING IN FUN GAMES.



Improve your Move



# TIPS FOR LEARNING HOW TO BALANCE

Just like reading & writing, kids need to learn to move

## This week in the KIDDO session we learnt how to BALANCE

There are two types of balance that children need to develop:



### Static balance

Balance while the body is still  
e.g. standing on one leg



### Dynamic balance

Balance while the body is moving  
e.g. changing directions when running

## When balancing in one place:



Head up



Eyes looking forward



Arms out like an aeroplane



**Children need active play + practice to learn these essential skills to be active for life**

## Fun Balance games to play at home:



### Musical statues

Dance to music and freeze when the music stops



### Twister

The classic board game, spin the spinner and make your move



### Make an obstacle course in the playground

Down the slide, across the monkey bars, around the swing etc.

## Test your balance!

Have a go at the KIDDO balance challenge at home your child

[www.kiddo.edu.au/challenges/test-your-balance](http://www.kiddo.edu.au/challenges/test-your-balance)



[www.kiddo.edu.au](http://www.kiddo.edu.au)

Learn more about KIDDO:



[@kiddo.edu.au](https://www.facebook.com/kiddo.edu.au)



[@KIDDO\\_Australia](https://twitter.com/KIDDO_Australia)



[@kiddo\\_australia](https://www.instagram.com/kiddo_australia)



Improve your Move

[www.kiddo.edu.au](http://www.kiddo.edu.au)

# TIPS FOR LEARNING HOW TO JUMP

Just like reading & writing, kids need to learn to move

## This week in the KIDDO session we learnt how to JUMP:



### Take off:

Swing and Spring - swing arms behind and bend ankles, knees and hips



### Flight:

Reach for a star and bring it down again- arms reach right up high and then come down again for landing



### Landing:

Land like you are riding a motorbike - arms out in front, ankles, knees and hips bent, feet apart



**Children need active play + practice to learn these essential skills to be active for life**

## Fun games to play at home:



### Make a jumping obstacle course

Over a cushion, down a step, off a small wall



### Sack races

Use old pillow slips



### Skipping ropes

How many jumps in a row

## How far can you jump?

Have a go at the KIDDO jumping challenge at home with your child

[www.kiddo.edu.au/challenges/how-far-can-you-jump](http://www.kiddo.edu.au/challenges/how-far-can-you-jump)

# TIPS FOR LEARNING HOW TO CATCH

Just like reading & writing, kids need to learn to move

## This week in the KIDDO session we learnt how to catch:



Eyes on the ball



Hands move to the ball



Balls below the waist = wriggly worm fingers



Balls above the waist = butterfly fingers



**Children need active play + practice to learn these essential skills to be active for life**

## Fun games to play at home:



Balloon taps - tap the balloon in the air as many times as you can



Wall Ball - throw a ball against a wall and try and catch



Take a ball to the park next time you go and play catch, how many can you do in a row



Improve your Move

[www.kiddo.edu.au](http://www.kiddo.edu.au)



# TIPS FOR LEARNING HOW TO THROW

Just like reading & writing, kids need to learn to move

## This week in the KIDDO session we learnt how to throw:



Ready: Stand side on like a surfer



Aim: Make a muscle arm



Point non-throwing arm at target



Fire: Step with non-throwing side foot and throw



**Children need active play + practice to learn these essential skills to be active for life**

## Fun games to play at home:



Draw chalk targets on the wall & throw at them – use a water balloon to make it even more fun



Super throw – using a small ball try throwing as far as you can, see if you can throw further with each throw



Save the soft toy – set-up out a range of soft toys for your child to throw at. If they hit them they get to rescue them and bring them home.



[www.kiddo.edu.au](http://www.kiddo.edu.au)

Learn more about KIDDO:



[@kiddo.edu.au](https://www.facebook.com/kiddo.edu.au)



[@KIDDO\\_Australia](https://twitter.com/KIDDO_Australia)



[@kiddo\\_australia](https://www.instagram.com/kiddo_australia)



Improve your Move

www.kiddo.edu.au



# TIPS FOR LEARNING HOW TO KICK

Just like reading & writing, kids need to learn to move

## This week in the KIDDO session we learnt how to Kick



Eyes on ball

Kicking foot like a penguin  
(turned outwards)



Step, Swing & Kick:  
step with your non-kicking  
foot next to the ball



Children need  
active play  
+ practice  
to learn these  
essential skills  
to be active  
for life

## Fun Kicking games to play at home



**Ten Pin Kicking:**  
kick over the milk cartons



**Balloon Kicking:**  
how many kicks can you do  
without the balloon touching  
the ground

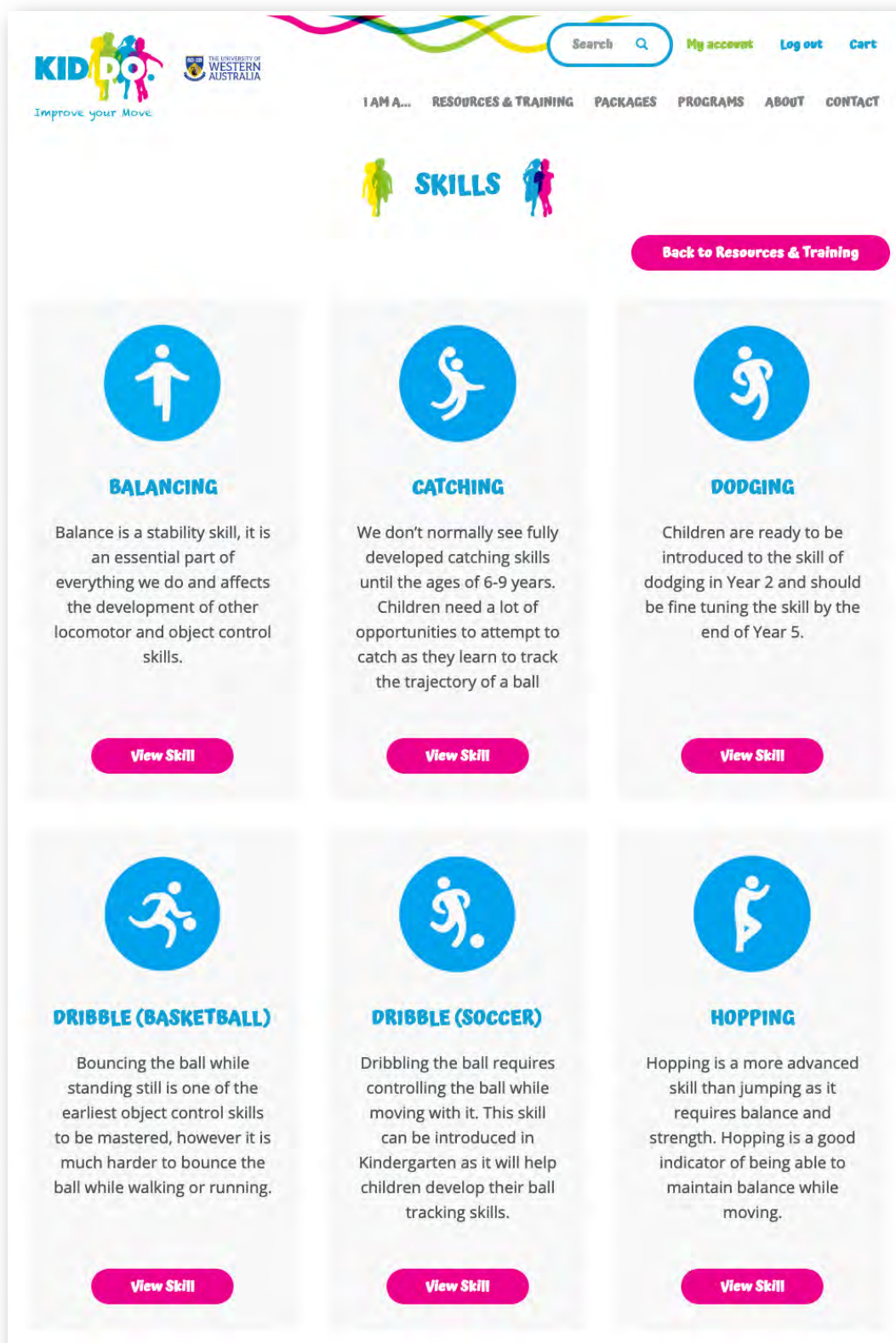


**Goalie:**  
make a goal with your shoes and  
take turns having shots on goal

### How far can you kick?

Have a go at the KIDDO kicking challenge at  
home with your child  
<https://www.kiddo.edu.au/challenges/how-far-can-you-kick>

# FOR INFORMATION ON ALL OF THE FUNDAMENTAL MOVEMENT SKILLS, HEAD TO [KIDDO.EDU.AU/SKILLS](https://kiddo.edu.au/skills)



The screenshot shows the Kiddo website's 'Skills' page. At the top left is the Kiddo logo with the tagline 'Improve your Move.' and the University of Western Australia logo. A search bar and navigation links for 'My account', 'Log out', and 'Cart' are at the top right. A main navigation menu includes 'I AM A...', 'RESOURCES & TRAINING', 'PACKAGES', 'PROGRAMS', 'ABOUT', and 'CONTACT'. The 'SKILLS' section is highlighted with a pink banner and a 'Back to Resources & Training' button. Six skill cards are displayed in a 2x3 grid, each with a blue circular icon, a title, a description, and a 'View Skill' button.

**KIDDO.**  
Improve your Move.

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## SKILLS


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### BALANCING

Balance is a stability skill, it is an essential part of everything we do and affects the development of other locomotor and object control skills.


[View Skill](#)



### CATCHING

We don't normally see fully developed catching skills until the ages of 6-9 years. Children need a lot of opportunities to attempt to catch as they learn to track the trajectory of a ball


[View Skill](#)



### DODGING

Children are ready to be introduced to the skill of dodging in Year 2 and should be fine tuning the skill by the end of Year 5.


[View Skill](#)



### DRIBBLE (BASKETBALL)

Bouncing the ball while standing still is one of the earliest object control skills to be mastered, however it is much harder to bounce the ball while walking or running.


[View Skill](#)



### DRIBBLE (SOCCER)

Dribbling the ball requires controlling the ball while moving with it. This skill can be introduced in Kindergarten as it will help children develop their ball tracking skills.

[View Skill](#)



### HOPPING

Hopping is a more advanced skill than jumping as it requires balance and strength. Hopping is a good indicator of being able to maintain balance while moving.

[View Skill](#)



**YOU CAN ACCESS ALL OF THE RESOURCES IN  
THIS PACK, PLUS 100's OF MORE FREE  
RESOURCES BY SIGNING UP AT [KIDDO.EDU.AU](https://kiddo.edu.au)**

**WE HOPE YOU HAVE HEAPS OF FUN STAYING  
ACTIVE AND DEVELOPING SKILLS AT HOME**





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