

Expand your activity bank with variations!

Introducing variations means:

- ▶ Adjusting the level of difficulty
- ▶ Adding new elements and maintaining motivation
- ▶ Promoting inclusion
- ▶ Using a variety of movements and levels of intensity
- ▶ Giving all kids a chance to feel competent

How to modify your game

TIME



Speed



Length



Rhythm

SPACE



Height



Distance



Target



Site



Barriers

MATERIAL



Size



Type



Bounce



Texture

RULES



Number of players



Number of passes



Theme

MOVEMENT



Locomotor



Object control



Balance

- ▶ Other ideas for fundamental movement skills are available on the back.

Fundamental movement skills

1 ▶ LOCOMOTOR SKILLS*

*Inspired by *Trois-Rivières en action et en santé*



CAT
Crawling



SPIDER
Crawling upside down



**DOG WITH
BROKEN LEG**
Three-legged crawling



SNAKE
Belly crawling



TIRED SNAKE
Sliding on back



DUCKLING
Duckwalking



GAZELLE
Skipping



CRAB
Shuffling



OCTOPUS
Grapevining



SKUNK
Walking backwards



HORSE
Galloping



KANGAROO
Jumping with feet together



LEMUR
Knee tuck jumping



RABBIT
Jumping



FROG
Doing squat jumps



FLYING SQUIRREL
Doing jumping jacks



**FLAMINGO
ON HOT SAND**
Hopping

2 ▶ OBJECT CONTROL SKILLS



Catching



Rolling



Throwing



Striking



Punting



Dribbling



Kicking



Juggling



Stopping



Deflecting



Setting



Bumping

3 ▶ BALANCE SKILLS



Balancing



Tumbling



Turning



Stopping



Stretching



Dodging



Floating



Landing



Falling

