



Be Fit For Life offers a variety of interactive and fun educational programs to encourage and promote Active Living in your school. Programs can be tailored to the needs of your students based on request.



MOVE & PLAY Through Physical Literacy



The Be Fit For Life Network has created the Move & Play through Physical Literacy cards to assist activity leaders interested in integrating Physical Literacy into a variety of programs, activities and environments. These cards are designed to be used in a variety of applications including the home, school or community settings. Over 75 cards are included in this set, focusing on Active Start, FUNdamentals, and Learn to Train stages of the Long Term Athlete Development Model.

Target Audience: Leaders, teachers, and coaches who provide active opportunities for children and youth (ages 3-12)

Move & Play through Physical Literacy Fees

Move & Play through Physical Literacy Workshop

- One set of Move & Play Cards
- 45-60 minute workshop
- This workshop includes a practical professional development opportunity for leaders who would like to integrate physical literacy in their children and youth programming.

\$200

Move & Play through Physical Literacy Demonstration

- One set of Move & Play Cards
- 45-60 minute session with participants and leaders
- This practical demonstration will allow leaders and participants too experience a variety of games and activities that are linked to physical literacy and FUNdamental Movement Skills.

\$100

Move & Play Cards

- One set of Move & Play Cards
- Over 75 activities and games that are linked to the FUNdamental Movement Skills.

\$40

ACTIVE START **MOVE & PLAY** Through Physical Literacy 

Growing Flower 

Equipment	Activity Description
<ul style="list-style-type: none"> Open activity space Music (optional) 	<ul style="list-style-type: none"> Participants find an open activity space in the activity area. Participants pretend that they are a flower growing from a seed. <p>Growing Sequence</p> <ul style="list-style-type: none"> Crouch down into a small seed The seeds start to grow and reach up towards the sun Extend your arms and stand tall The wind blows and your petals wave side to side in the breeze Droop forward (forward bend) when the plant is thirsty Extend and reach for the sun At night the flower closes its petals; in the morning it wakes up As cool weather comes the plant slowly crumbles to the ground Repeat as a different flower


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FUNDAMENTALS **MOVE & PLAY** Through Physical Literacy 

Wizards & Muggles 

Equipment	Activity Description
<ul style="list-style-type: none"> Open activity space Cones to define activity space Beanbags (optional) 	<ul style="list-style-type: none"> Instruct participants to stand facing a partner about 2 metres apart on 1 of 2 lines on the floor. The group will be standing in 2 long lines facing each other. Identify 1 line of the participants to be Wizards and the other to be Muggles. Designate a safe zone that is behind each line of participants and 5 metres away from a wall. Call out a name, that is, "Wizards!" or "Muggles!" The participants whose name is called try to tag their partners, who turn around and try to reach the safe zone before being tagged. Instruct the group to quickly return to the starting lines and listen for the next name to be called.

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LEARNING TO TRAIN **MOVE & PLAY** Through Physical Literacy 

Circle Throw & Circle Kick 

Equipment	Activity Description
<ul style="list-style-type: none"> Open activity space 1 ball per group (4 to 8 people per group) 	<ul style="list-style-type: none"> Standing in a circle, before play begins, every participant identifies 1 other participant to whom he or she will pass the ball. Each participant will pass and receive the ball only once per cycle. When play begins, once a pass has been made, the person who passed the ball runs around the outside of the circle in a clockwise direction back to his or her original spot. The person who catches the pass must pass to the participant previously identified, then run around the outside of the circle. If the ball is dropped, then the person who would be passing the ball next picks it up and play continues from there. This continues cycle after cycle until the group needs a break! Activity can be done the same way by kicking the ball to each other.

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