



KNSC

Homework Activities

Week 4

U4/5/6

What is Physical Literacy

Physical literacy is a journey upon which children and youth, and everyone, develop the knowledge, skills, and attitudes they need to enable them to participate in a wide variety of activities.

Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.



Age Group – U4, U5 & U6

Physical Literacy

Copy Cat

The copy cat game introduces children to a variety of movements and teaches them body and space awareness.

You are the “cat” and they are the “copy cats.” Perform various movements—arm circles, jogging in place, jumping up and down, toe touches and more—for about 10 seconds each. Tell them to copy your movements as best they can as you switch from skill to skill.

After about a minute of activity, rest briefly and then assign the child to be the cat.



Age Group – U4, U5 & U6

- Individual Ball Skills

Can you improve on last week?

Can you combine both types of toe taps?

- Toe Taps - On top of the ball ([Click here for demo video](#))
- Toe Taps - Side to side ([Click here for demo video](#))



Advanced Activity (U6)

Running with the ball and turning

- Run with the ball toward a cone
- Perform a turn when you reach the cone

See below for examples of turns!

- Inside Cut - [Click here for example](#)
- Outside Cut - [Click here for example](#)
- Pull Back / Drag back - [Click here for example](#)



Learn from the pros

Click the players name below to find out more about them...

[Jonathan Osorio](#)

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Any Questions

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