



# KNSC

## Homework Activities

Week 3

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

Float the pond!

Use an open space to find your way across the 'open pond'

1. Pretend the open space is a pond.
2. The goal is to cross the pond by walking on your two lily pads.
3. Begin by placing one lily pad on the "pond" and step onto it with one foot.
4. While balancing on one lily pad with one foot, place the second lily pad in front.
5. Step onto the second lily pad and balance on one foot again.
6. Continue until you have crossed the entire "pond".
7. If you lose balance and fall into the "water," pretend to swim up to your lily pad again by doing five jumping jacks, then continue crossing the pond.



# Age Group – U4, U5 & U6

- Individual Ball Skills

Can you improve on last week?

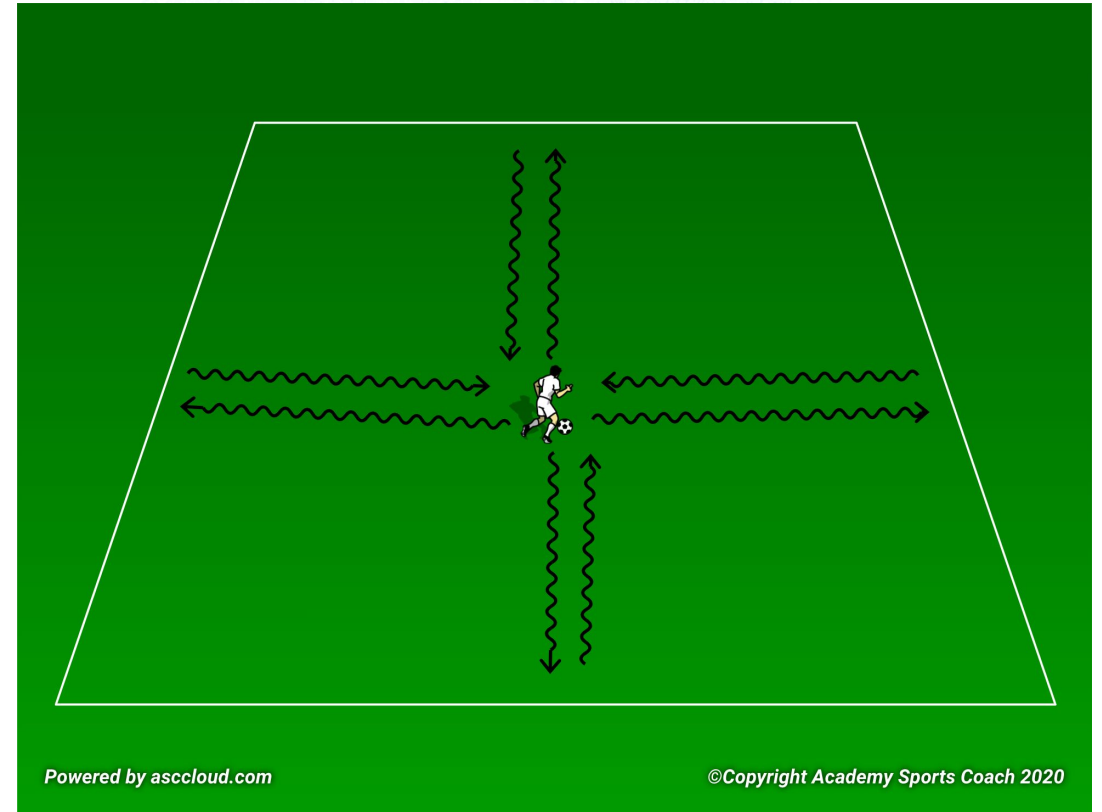
Can you combine both types of toe taps?

- 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 taking a player (cone or object) on.
  - Use a skill to take on the imaginary defender in front of you.
    - Skills could include a stepover etc





# Learn from the pros

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

[Janine Beckie](#)

[Samuel Piette](#)

# Any Questions

## Contact

Chris Eveleigh

Director of Technical Development

Email: [dir-td@knsc.ca](mailto:dir-td@knsc.ca)

