



ACTIVE
PARRAMATTA
VAN



CITY OF
PARRAMATTA

ACTIVE PARRAMATTA VAN

Active Kids Booklet



SUMMER 2022/2023



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Acknowledgement of Country

This project is located on Darug Country. We acknowledge and respect the Darug people as the original custodians of the land and water upon which we work. We honour their Elders past, present and emerging whose knowledge and wisdom has, and will, ensure the continuation of cultures and traditional practices.

Introduction

The Active Kids Booklet is part of the City of Parramatta's Active Kids initiative which is dedicated to providing a range of high quality programs and resources to support the health and wellbeing of the kids of our community.

Early childhood is a critical period for the development of key motor skills including running, jumping, catching, throwing, kicking, push/pull movements and rotation. These fundamental movements are linked to positive physical, social and cognitive development in children.

When learning a new skill there are 3 stages of skill acquisition:

- Cognitive: the learning stage, cognitive processing and understanding what to do. Lots of verbal information and/or visual demonstration, as well as feedback.
- Associative: longest phase where lots of practise and making movement adjustments occur
- Autonomous: final stage where motor performance becomes largely automatic, where cognitive processing demands are minimal, and participants can attend to and process other information, such as the position of defensive players, game strategy, or the form or style of movement

As your child engages in different activities throughout this document be sure to encourage them, providing feedback and support, allowing them to learn from their mistakes and find joy in sport and physical activity.

There are a variety of activities to choose from, including single person or group activities with indoor and outdoor options. When performing the activities in this booklet, please ensure you are in a safe place away from danger. If you are indoors, please ensure you have cleared your space of any trip hazards.

DISCLAIMER FOR PARENTS/GUARDIANS:

PARENTS/GUARDIANS OF PARTICIPANTS SHOULD REVIEW THE CONTENTS OF THIS BOOKLET PRIOR TO ALLOWING CHILDREN TO ENGAGE WITH ANY ACTIVITIES TO DETERMINE WHETHER OR NOT THE ACTIVITIES ARE SUITABLE FOR THEIR CHILDREN. IF YOU OR YOUR CHILD HAS A MEDICAL CONDITION, YOU ARE RESPONSIBLE FOR OBTAINING MEDICAL CLEARANCE BEFORE PARTICIPATING IN THE ACTIVITIES. TO THE FULLEST EXTENT PERMITTED BY LAW, YOU RELEASE AND INDEMNIFY CITY OF PARRAMATTA COUNCIL AND ITS AFFILIATES (COUNCIL) FROM AND AGAINST ANY INJURY, DEATH, LOSS, COSTS, EXPENSES, DEMANDS OR LIABILITY, WHETHER DIRECTLY OR INDIRECTLY, ARISING OUT OF OR IN CONNECTION WITH THE ACTIVITIES WITHIN THIS BOOKLET.



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Soccer Drills

Equipment:

Soccer ball, goals, a wall, cones and markers

Skills Focus:

Foot-eye coordination, agility, control

Skill 1: Dribbling

- Set up two cones 20 meters apart.
- Starting at cone A dribble a soccer ball to cone B and back.
- Using both feet and soft touches, try to keep the ball close to you and under control.
- Can make the dribbling distance greater.

Skill 2: Dribbling and ball control

- Set up a row of 10 cones, about 2-5 meters apart in a zig-zag pattern.
- Dribble the ball around the outside of the cones in a zig-zag pattern, keeping the ball close to you.
- Can make the spaces in between cones bigger or smaller to alter the amount of control/speed needed.

NOTES

When passing the ball kick with the inside of your foot.

When shooting for goal kick with the top of your foot, across your shoe laces.

Soccer Drills

Skill 3: Passing and Receiving

- Set yourself up across from a solid wall.
- Kick the ball against the wall. Control the rebound, stop the ball, then kick again.
- Allows players to practice passing and receiving the ball.
- Can do with a partner if available.



Skill 4: Shooting

- Set up a soccer goal, either soccer posts at a field, a pop-up goal or use two markers to have a clear target area.
- Set up cones at different angles and distances from the goal to shoot from. Great for target practise.
- To increase difficulty can have someone defending the goal.

Skill 5: Dribbling and Shooting

- Set up cone A and cone B 20 meters apart with cone B being 5-10 meters away from the goal.
- Start from cone A and dribble the soccer ball to cone B then shoot for goal.
- To increase difficulty can have someone defending the goal.

Basketball Challenge

Equipment:

Basketball

Skills Focus:

Hand-eye coordination, control

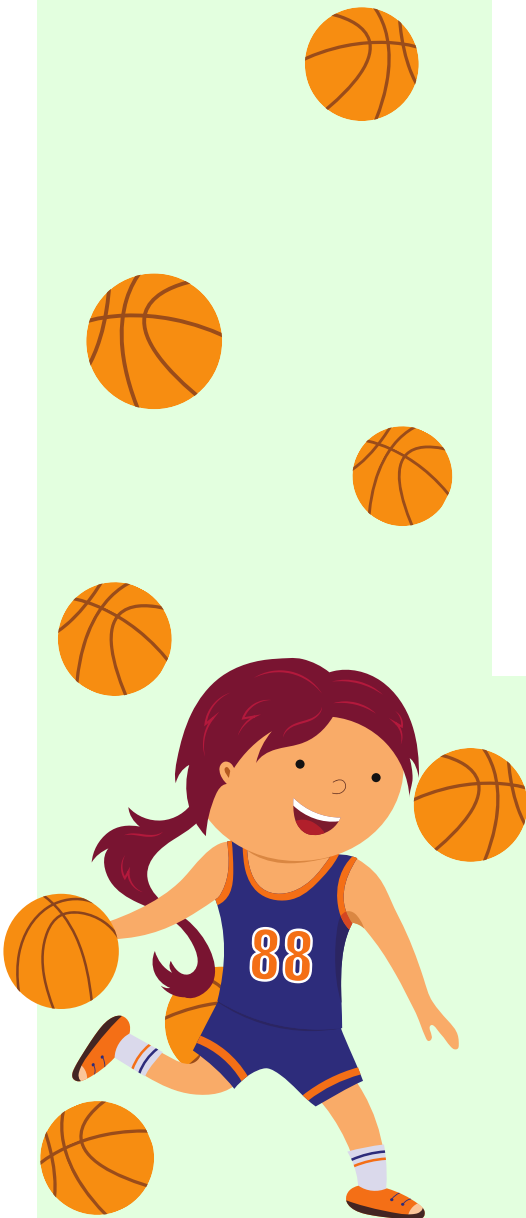
Instructions:

Dribbling = Pounding the ball to the ground repetitively using fingers of one hand to maintain possession of the ball. Aim for 20 bounces in a row in the first activity below before moving to the next activity:

1. Standing still and bouncing with your favoured hand.
2. Standing still and bouncing with your other hand.
3. Front V's – bouncing from one hand to the other (think the ball will make a V shape in front of you).
4. Side V's – use only one hand, dribble the ball backwards and forwards beside your body in the shape of a 'V'.
5. Side V's using your other hand.
6. Try all movements one at a time again but while walking forwards.

Variation:

- Increase or decrease the number of continuous dribbles before moving to the next activity or use 2 balls simultaneously.
- Use both hands to control the ball



Tennis

Equipment:

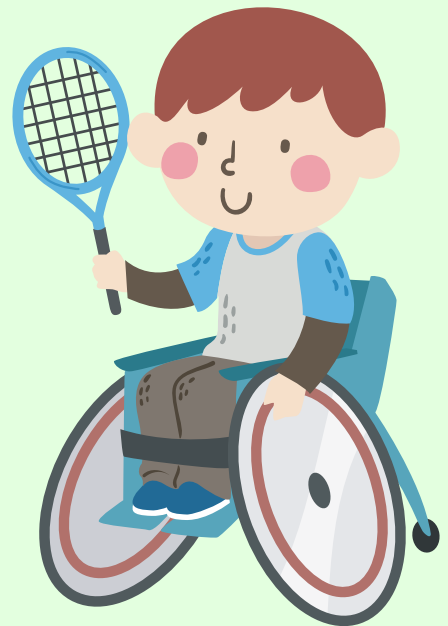
Tennis racquet, tennis ball, a wall

Skills Focus:

Hand-eye coordination, control and reaction time

Instructions:

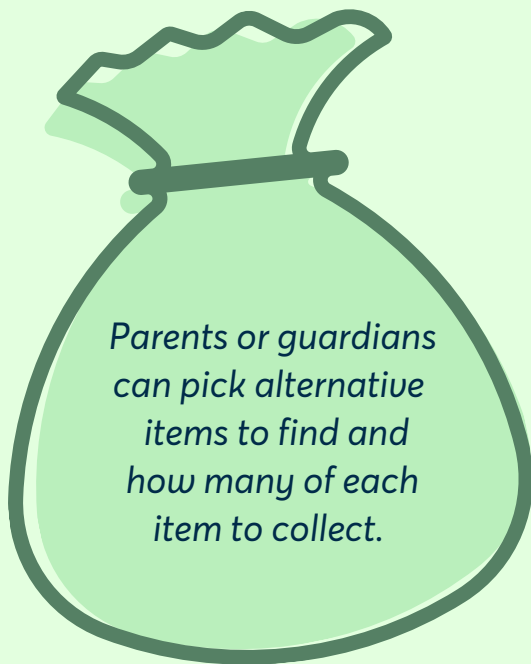
- Set yourself up opposite a wall (preferably outside).
- Using a tennis racquet, hit the tennis ball against the wall. When the ball rebounds back, let it bounce on the ground then hit it again.
- Try and do as many hits as you can before missing the ball.



Variation:

- If you do not have a tennis racquet, play solo hand ball. Use your hand to bounce the tennis ball or hand ball against the wall. See how many hits you get before the ball becomes out of reach.

Scavenger Hunt



Equipment:

Objects to find can be anything around the house, can include:

- tissue box
- a ball
- phone charger
- a shoe, water bottle
- deck of cards
- hairbrush
- keys

Skills Focus:

Speed, cognition training and memory





Super Hero Workout



Notes:

Complete a 5-10 minute warm up before completing your workout for example:

- walking
- skipping
- jogging

Variations:

- Can do more or less reps

Exercise	Sets	Reps
Push ups (wall, bench or floor)	1-3	8-10
Squats	1-3	8-10
Lunges	1-3	5-8 (each leg)
Star jumps	1-3	8-10
Sit ups	1-3	8-10
Squat jumps	1-3	8-10

Warrior Challenge



Equipment:

Skipping rope, cones/markers, stop watch.

Skills Developed:

Speed, power, agility, strength - relevant skills that can be applied in Little Athletics and other sports

Warm up

Skipping rope challenge:

- 20 continuous jumps
- 20 running steps on the spot with skipping rope
- 10 double jumps (2 loops of rope per jump)
- Running forward while skipping for 20 meters

Drills

20 meters:

- High knees x 2
- Butt kicks x 2
- Skipping x 2
- Side skipping x 1 each way

Jumps

- Frog jumps x 3 x 10 jumps (put a marker down where your 10th jump ends and try to beat it)
- Hopping 20 meters 2 x left leg, 2 x right leg

Sprints

- Sprint 30 meters from a standing start x 3
- Sprint 30 meters from a push up position x 3
- Sprint 60 meters from standing start x 2 (time trial)



Rob the Nest

Number of Players: 2+

Equipment:

20-30 objects; balls, bean bags, socks etc

Time:

Set up a time limit, for example 3 minutes (can vary)

Skills Focus:

Speed, agility and reaction time



Instructions:

1. Create a large square. Split players up into 2-4 teams. Position teams in the corners of the square.
2. Place objects (balls, bean bags, socks etc) in the centre of the square.
3. On GO, the first player from each corner runs to the centre and grabs ONE object and returns it to their corner.
4. Then the next player runs and does the same (only when the first player returns. Must be one at a time).

- When all the objects are collected from the centre, it is time to 'ROB THE NEST'
- One person from each team runs to steal an object from another team (can only steal ONE at a time).
- Continue until the time is up and the team with the most objects wins.

Variations:

- Play with basketballs and dribble them back to your hoop.
- Play with soccer balls and dribble them back to your hoop.
- Can make objects worth a different amount of point, for example socks worth 1 point, tennis ball worth 3 points.

Kick the Stick

Number of Players: 2+

Equipment:

Stick/post/target, footballs, cones

Skills Focus:

Football skills, kicking and aiming



Set up:

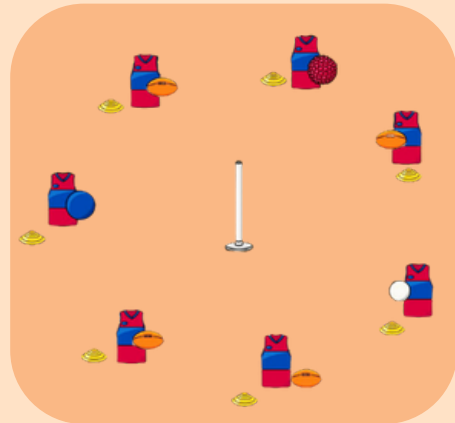
Use the cones to make a circle, with the stick/goal post/target in the middle. Players have one ball each and stand next to a cone.

Instructions:

- On "GO" players will kick their football and aim for the stick. Anyone who hits the stick gets a point
- Slowly increase the points the target is worth.

Tips:

- Point your toes at the target.
- Hold the ball over the leg you're kicking with.
- Keep your head over the ball.
- Make sure no one is going to collect their ball while another player is kicking.



Variations:

- Players run before kicking.
- Encourage players to use opposite foot.
- Have someone pass you the ball before you kick.
- Aim to kick over the target.

Cricket: Bowling Skills

Note: can do this as a single player or compete against your friends.

Skills Focus:

Bowling skills and accuracy

Equipment:

Cricket ball, tennis ball or hand ball, a target to represent cricket wickets/stumps.

Instructions:

- Set up a stick or target zone to represent the 'wickets/stumps'.
- Stand 5 meters away (5 big steps) and throw the ball trying to hit the target. If successful move further away (2 big steps back) and roll again.
- Keep moving further back with each successful hit and see how far away you can get.
- Can race against another player and see who can get the furthest away in a certain time limit e.g. 3 minutes.



Cricket:

Kanga Cricket

Number of players: 2+

Skills Focus:

Reaction time, batting skills, bowling skills, strategy

Equipment:

Cricket bat, tennis ball or hand ball

Instructions:

- One person will be the batter. They will stand on a marked spot on the ground with their feet and legs together acting as the stumps/wickets and hold the cricket bat in front.
- The remaining players will be the 'bowlers' and spread out a few meters away from the batter.
- One at a time a bowler will throw the ball (underarm) at the batter trying to hit their legs or feet. If the bowler successfully hits the batter, then the batter is out and doesn't get any points. Then a new batter will play.



- The bowlers have 6 attempts to hit the batter and get them out.
- If the batter successfully hits the ball away or avoids getting hit they receive a point. If the batter doesn't get hit after 6 goes they will have received 6 points in total and switch places with a bowler.

Heads, Shoulders, Knees, GO



Number of Players: 3+

Equipment:

One object for every two people playing e.g., cone, sock, toy, towel

Skills Focus:

Speed and reaction time

Instructions:

- Players will form pairs and stand facing each other.
- In between the pairs will be an object on the ground. Players must each be 1 meter away from the object.
- A parent or guardian or extra player will call out instructions, "heads, shoulders, heads, knees, shoulders", players must touch the body part with both hands as instructed.
- When the instructor calls "GO" players must try to grab the object in front of them as fast as possible to beat their opponent.
- Can rotate the pairs so players verse a new person each round.

Variations:

Can do elimination rounds. If you don't get to the object first, you are out. Keep going until one person is left.

European Handball

Number of Players: 4+

Equipment:

Ball (soft ball or dodgeball), cones, goals.

Skills Focus:

Teamwork, throwing and catching, strategy



Set up:

Mark out a rectangle field.

Have two goals on either side (pop up soccer goal, bucket, two markers).

Place a semi circle of cones around each goal (2 meter radius).

Instructions:

- Split players into 2 teams.
- Players will pass the ball among their team trying to get the ball to their goal. To score a point players must throw the ball from outside the semi circle into the goal.
- When a player has the ball they CANNOT move. They must stand still with the ball and throw to a team mate before moving.
- The team without the ball must defend their goal by trying to intercept the ball. Only one person from the defending team can mark/block the player with the ball.
- If the ball is thrown out of bounds, it is handed to the other team.
- Team with the most points at the end wins.

The Golden Child

Number of Players: 6+

Equipment:

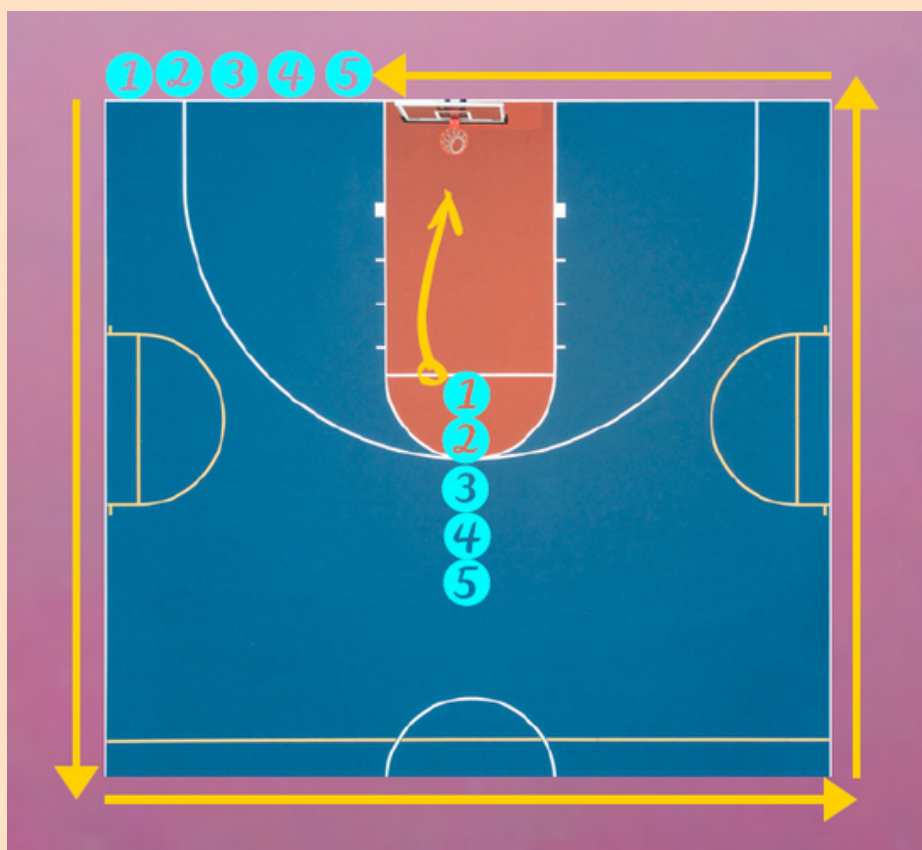
2 basketballs, basketball hoops

Skills Focus:

Teamwork, basketball/netball skills and speed

Set up:

- Best played on a basketball court (half court).
- Players split into two even teams. One starting on the corner of the court, the 'Running Team' and one on the free throw line, the 'Shooting Team'.
- The shooting team will have two basketballs.



The Golden Child

Instructions:

- When the coach says "GO", the first player on the 'Running Team' will run around the court while the first shooter puts up a shot.
- If the shooter makes the shot the running player must freeze where they are and the next runner in line starts running around the court. If the shooter misses, they must rebound their own shot and pass it to the next player before joining the back of the line.
- The 'Shooting Team' must try and make as many successful shots as they can to stop as many runners as possible.
- The final runner is the 'Golden Child'. When the golden child starts running, the other runners who are frozen are allowed to start running again once the golden child passes them, giving them a second opportunity to make it around the court. The shooters will continue throwing trying to stop as many runners as possible.
- For every running player that gets around the court and back to the starting point, their team receives a point.
- Teams will switch roles and keep playing. The team with the most points at the end wins.

Variation:

Can make the runners dribble a basketball on their way around the court. Adding an extra element in.



Unstructured Play

Structured play is excellent for developing key motor patterns, building valuable team work skills and learning to follow instructions. However, studies have shown that unstructured play also has significant cognitive, emotional and social benefits. Unstructured play allows children to be creative, think independently, experiment and explore new ways of moving and playing, elevate their mood, improve interpersonal skills and work through conflict.

While we encourage participation in the above games over the holidays also allow time for free play - a space where children are free to change the rules and have fun being kids.

