

(month)



Daily Physical Activity FOR KIDS



(year)

Click The Activities For Links To Their Videos And Resources

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Gift of PLAY: Left, Right, Out	Unplugged Activity: Adventure PLAY BINGO	Balloon Body Bump & Balance	Flip & Flop	Mindful Movement: Tropical Yoga Adventure	
	Gift of PLAY: Foodsies	Unplugged Activity: BFFL Network Reach Twirl Curl Up Small - Sully Star Hunt	Alphabet Spelling	Wall Spelling	Mindful Movement: Ocean Tide	
Gift of PLAY Tip: Create the stencils using chalk when outdoors or painters tape when indoors	Gift of PLAY: Bull's Eye Toss	Unplugged Activity: Jump Hop Leap & Roll Coding	Body Bending Beanbag Challenge	Five Finger Fling	Mindful Movement: Colour Me Happy	
	Gift of PLAY: Rob the Nest	Unplugged Activity: BFFL Network Reach Twirl Curl Up Small - Catch and Splash	BFFL Network Moving Story: As Big As the Sky, As Tall As the Trees	Active Dice	Mindful Movement: 10min Kids Yoga Trip to the Moon w/ BFFL Red Deer	 Free Printable

Fundamental Movement Skills Progressions

Movement Cues

PLAY Education Plug & Play

DPA Every Day



www.befitforlife.ca/resources

www.mhc.ab.ca/BFFL

