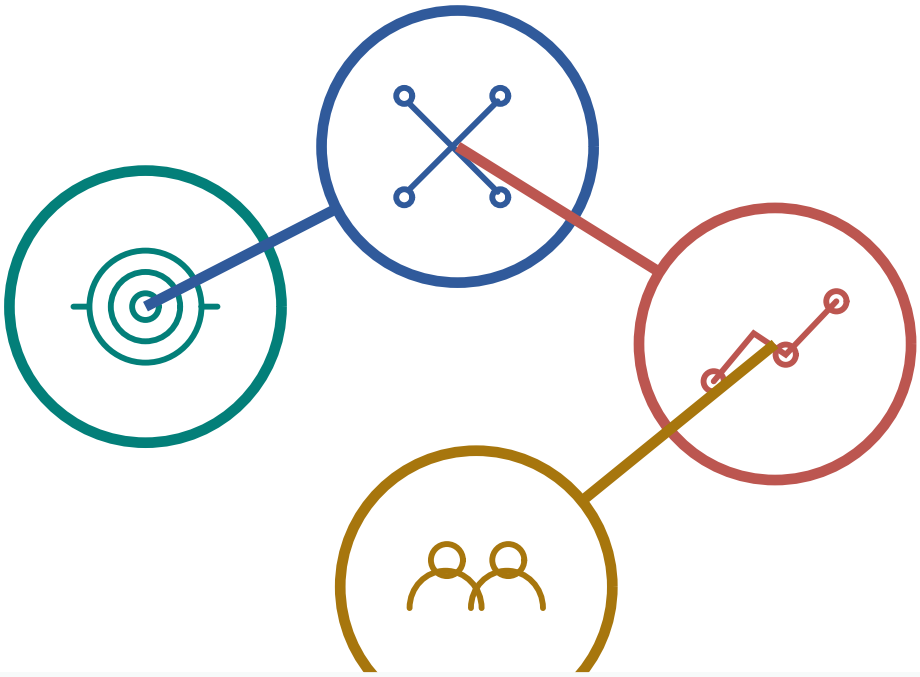
MOVE YOUR WAY

48 flexible movement ideas for children and young people

A choose-it, change-it, print-it resource for families.



NOTICE / CREATE / EXPLORE / CONNECT

Move in ways that fit today. No scores. No streaks. No pressure.

A4 HOME PRINT EDITION • AGES 8–17 (GUIDANCE, NOT A RESTRICTION)

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You choose. You move.

No exercise targets to hit. No correct way to finish. Pick something that sounds good, try a little, and change your mind whenever you want.

1

What feels right?

Gentle, lively, quiet, creative or together: all choices are valid.

2

Choose one card

Use the map on page 4 or browse any activity you like.

3

Change the activity

Make it smaller, slower, seated, quieter or completely different.

4

Stop when you want

A short try counts. Watching, suggesting and choosing are welcome.

TRY THIS FIRST

Ask: “Would you like two ideas, or would you rather choose for yourself?” Then offer card 01 (Sky Shapes) or card 25 (Pattern Parade). A “not today” answer is allowed.

Find a move in 30 seconds

There is no quiz to pass. Use the first row that sounds comfortable. Card numbers take you directly to the printable library.

I want something calm

Quiet, small-space ideas

01 Sky Shapes • 02 Colour Radar • 11 Pause & Choose

I want to invent something

Creative ideas, no equipment

13 Invisible Paintbrush • 16 Story in Three Moves • 22 Make a Move Name

I want something more active

No compulsory jumping or running

25 Pattern Parade • 28 Step-or-Tap Trail • 32 Motion Mixer

I want to play with someone

Cooperative, not competitive

37 Copy My Choice • 40 Map Makers • 45 Move and Guess

NOTICE & RESET

CARD 01 / 48

Sky Shapes



Gentle | Inside / outside | Solo or pair | 2–4 min

YOU NEED Nothing

TRY THIS

1. Look at a clear space or imagine a sky.
2. Draw a cloud, star or spiral with a hand or comfortable gesture.
3. Make up a new shape and give it a name.

MAKE IT YOURS

Use one finger, a small hand movement or a seated position.

ANOTHER OPTION

Try drawing tiny shapes instead of large ones.

EXPLORE & PLAY

CARD 25 / 48

Pattern Parade



Lively | Inside / outside | Solo | 4–6 min

YOU NEED Nothing

TRY THIS

1. Choose two comfortable movements, such as tap and step.
2. Make a short repeating pattern in place.
3. Change the pattern or direct someone else to copy it.

MAKE IT YOURS

Do the pattern with hands only or from a stable seat.

ANOTHER OPTION

Begin with one movement if two feels complicated.

Inside the complete download

The full pack includes 48 original cards across four movement pathways, flexible adaptations, a quick-start guide, a printable movement menu, favourite-move sheets and design-your-own activity pages.

Available as both a colour-accent and a low-ink PDF for A4 printing. This sample shows only two of the 48 activities.

Find out more at kidsfitnessfirst.org