AFL PLAY Schools

AFL PLAY | coles

HEALTHY KICKS

FITNESS CARDS



HEALTHY KICKS

The AFL Coles Healthy Kicks Fitness Cards, designed for Foundation to Year 6 students allow physical activity to be integrated into the school week. The activities progress throughout the week, targeting different fitness areas.

KEY AREAS COVERED:

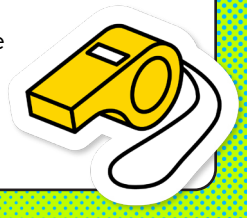
- **Mobility and stretching** prepare the body for exercise, reduce injury risk, increase flexibility and range of motion, improve balance, and enhance body awareness.
- **Strength** activities build muscle and bone strength, protect joints, improve motor skills, and boost self-confidence.
- **Cardio** (cardiovascular) activities strengthen the heart and lungs, boost energy, and support mood and mental health.
- **Balance** activities improve stability, control movement, reduce injury risk, and support sports performance.
- **Fitness fun**. Exercise doesn't have to be hard—these fun activities make it easy to stay active.

The cards are an impactful tool for fostering student agency, allowing students to work as individuals, in pairs or in groups. They may be used in peer teaching with individuals or pairs by teaching the activity to the rest of the group. Student coaches may be assigned who would be responsible for encouraging their peers, demonstrating proper technique, and providing constructive feedback .

The activities may be adapted by changing effort, space, time, equipment, or group size to suit different needs and settings. This may include doing simplified versions; less repetitions; modified steps.

Activities can be done with or without equipment. Where activities call for a football to be used you may replace this with a ball, small bean bag or other object suitable for throwing, catching and kicking.

Duration: Each activity station should take approximately 1 - 5 minutes to complete.

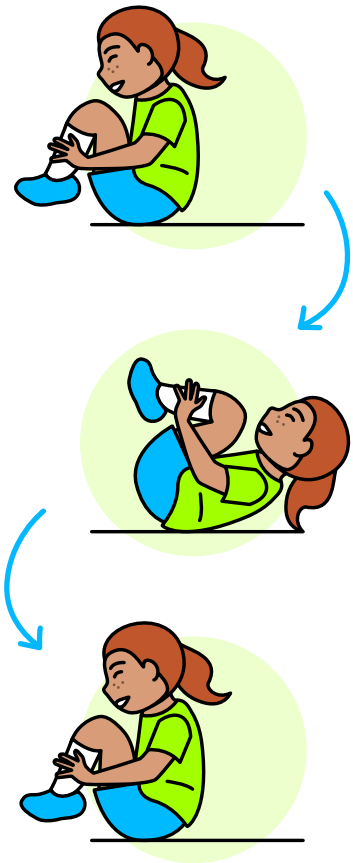


1. MOBILITY AND STRETCHING

BACKROLLS

1. Sit on a mat or soft carpet.
2. Hug your knees and keep your feet together.
3. Tuck in your chin.
4. Gently roll onto your back.
5. Roll up and down on your lower back.
6. Use your tummy muscles and legs to roll back up to sitting.
7. Try again!

TIP: Don't use your hands—try to keep them holding your knees.

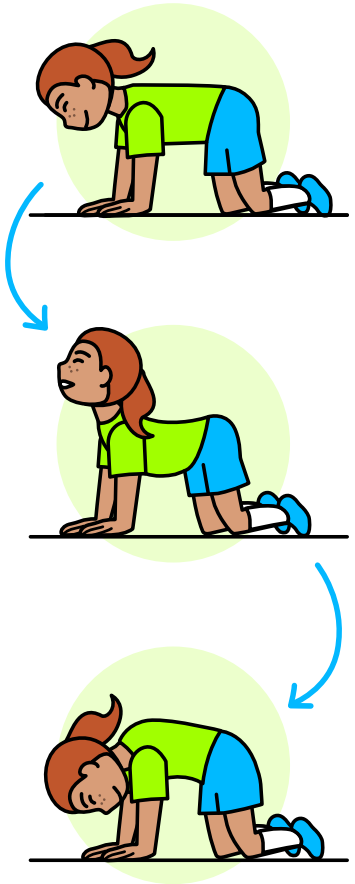


2. MOBILITY AND STRETCHING

COW AND CAT

1. Start on your hands and knees.
2. Make a flat back like a table and look down at the floor.
3. **Cow stretch** - drop your belly button towards the mat, lift your chin and chest, look up toward the ceiling.
4. **Cat stretch** - Now pull your tummy up, round your back and look at your belly button. Just like a cat stretching its back.
5. Move slowly and gently from cow to cat.

TIP: Breathe in when you're a cow. Breathe out when you're a cat.

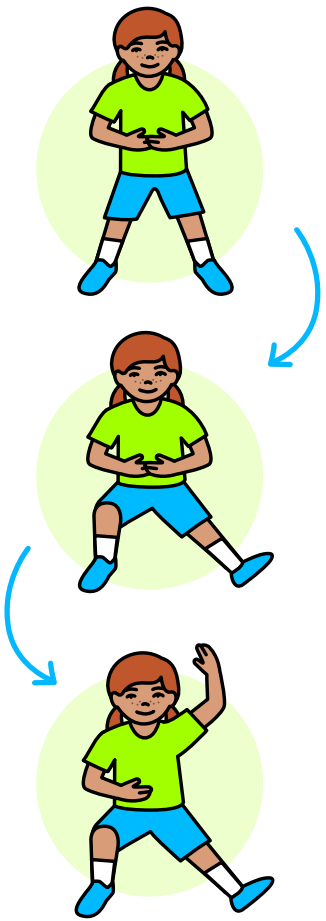


3. MOBILITY AND STRETCHING

ARCHER SQUATS

1. Stand like a triangle with your toes pointing forward.
2. Bend your right knee and sit back like you're sitting on a chair. Keep your left leg straight.
3. Lift your left toes up so you're on your heel. Keep your chest up tall.
4. Reach one arm up high, like you're pulling back a bow and arrow. Look strong!
5. Stand up tall again, then do the same on the other side.

TIP: Pick a target and shoot your invisible arrow!

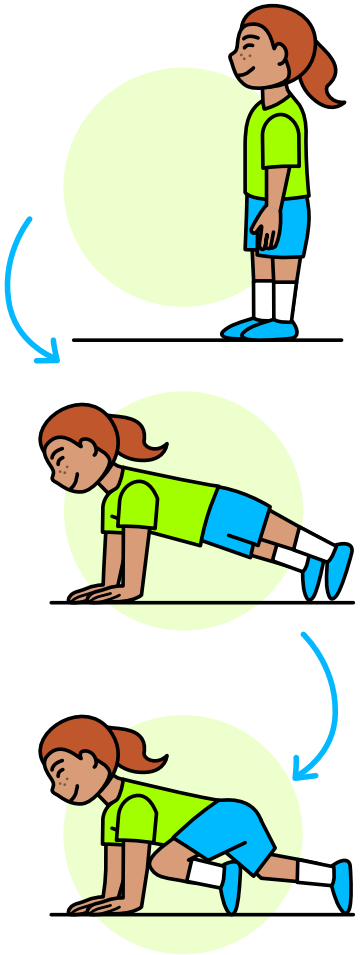


4. MOBILITY AND STRETCHING

SPIDERMAN

1. Stand up straight and tall.
2. Bend over and touch the floor with your hands.
3. Walk your hands out until you are in a push up position.
4. Bring your left knee to your left elbow—like Spiderman climbing a wall!
5. Then bring your right knee to your right elbow.
6. Walk your hands back to your feet and stand up tall again.
7. Repeat and start with your other leg.

TIP: Keep your hips low and tummy tight—just like Spiderman sneaking up a wall!



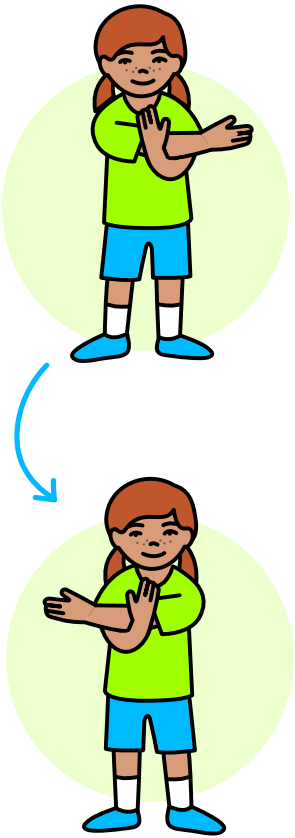
5. MOBILITY AND STRETCHING

SHOULDER STRETCH

1. Bring one arm straight across your body.
2. Use your other arm to gently pull it closer to your chest.
3. Hold for 15 seconds. You should feel the stretch in your shoulder.
4. Change arms and do the same on the other side.

TIP: You can do this stretch standing up or sitting down.

Try stretching other parts of your body when you have finished.

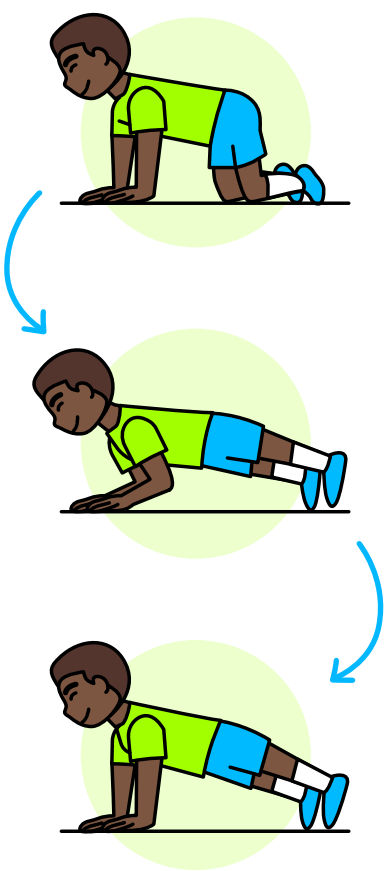


6. STRENGTH

PUSH UP

1. Kneel on the floor and put your hands on the ground in front of you wider than your shoulders.
2. You can stay on your knees or stretch out your legs.
3. Keep your body straight like a plank.
4. Bend your knees and slowly lower your chest towards the floor.
5. Straighten your arms and lift your body back up.
6. Try to do 5 to 10 push ups.

TIP: Keep your body straight like a board to get super strong arms.

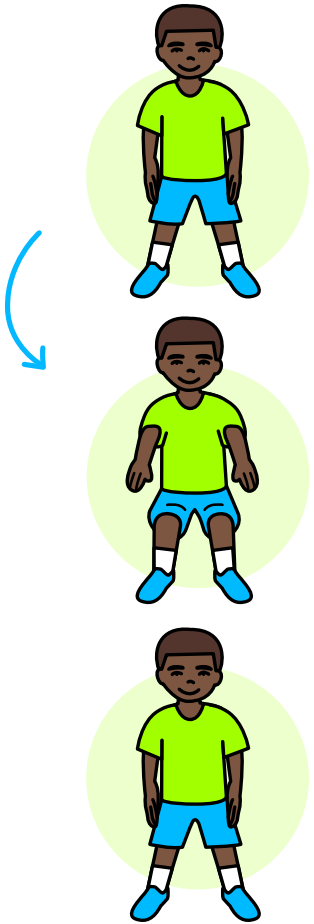


7. STRENGTH

SUPER SQUATS

1. Stand tall and put your feet a little wider than your hips, toes pointing forward. Arms by your side.
2. Push your hips back and bend your knees like you're sitting on an invisible chair.
3. Reach your arms forward for balance.
4. Look straight ahead, with your chest up and shoulders back.
5. Push through your heels to stand up tall again.

TIP: Make sure your heels and toes stay on the floor—no tiptoes!

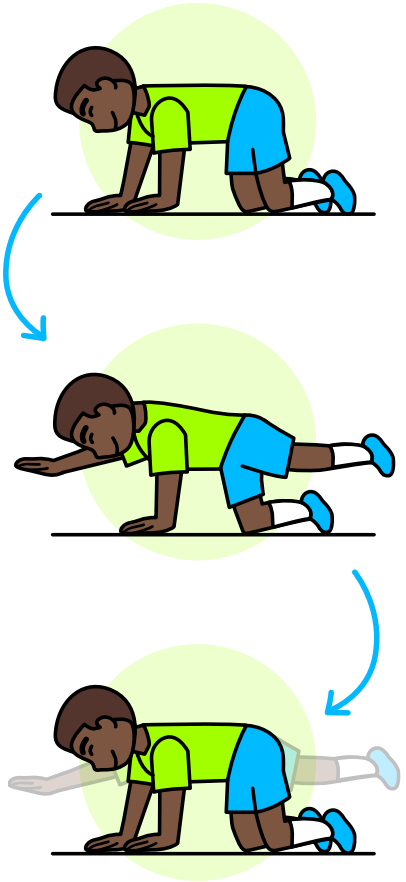


8. STRENGTH

SUPERMAN

1. Start on your hands and knees.
2. Make a tabletop with your back flat.
3. Look down at the floor so your neck stays straight.
4. Lift one arm and the opposite leg straight out.
5. Reach your fingers forward and kick your foot back. Hold for 3 to 5 seconds.
6. Bring your hand and leg back down to the floor.
7. Switch and repeat with the other arm and leg.

TIP: Squeeze your belly tight so you don't tip over—fly steadily like a superhero!

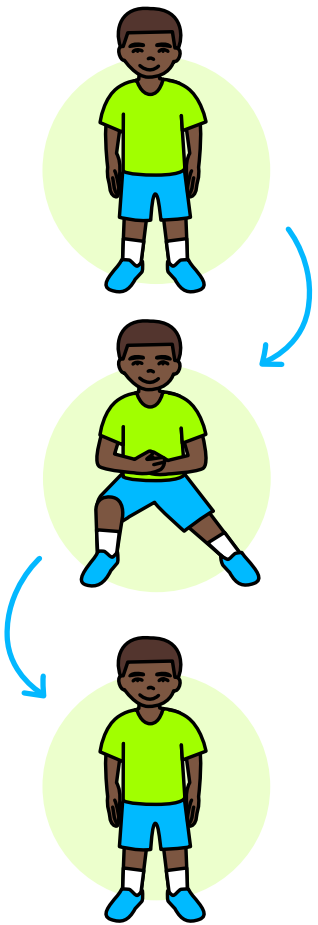


9. STRENGTH

SIDE LUNGES

1. Stand tall with your feet together.
2. Take a wide step to the left and bend your left knee and push your hips back.
3. Keep your right leg straight and both feet stay flat on the ground.
4. Push off your left foot to stand back up.
5. Repeat on the other side.

TIP: Pretend you're stepping out to catch a football.

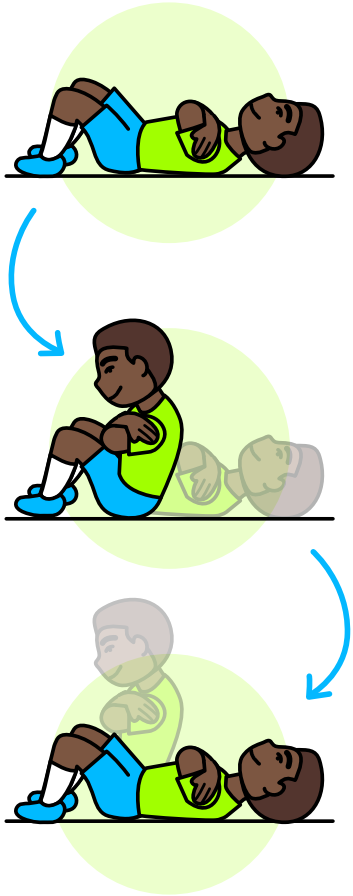


10. STRENGTH

SIT UPS

1. Lie on your back. Bend your knees and keep your feet flat on the floor.
2. Cross your arms. Put your hands on your shoulders or lightly behind your head (but don't pull!).
3. Curl your body up towards your knees—go slowly and stay in control.
4. Gently lie back down.
5. Repeat.

TIP: Keep your eyes on the ceiling when you start, and don't rush—strong and steady wins!

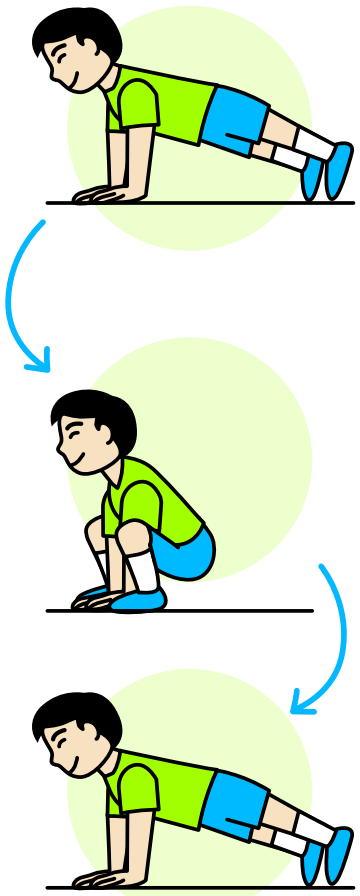


11. CARDIO

FOOTY FROGGERS

1. Start in a plank with your hands under your shoulders and your legs straight behind you.
2. Jump both feet forward into a squat position.
3. Your knees and feet should be just outside of your elbows - just like a frog!
4. Hop your feet back so you're in a straight plank again.
5. Repeat the frog jump.

TIP: Have a football on the ground and dive to pick it up.



12. CARDIO

ICE SKATERS

1. Start by standing tall on one leg.
2. Hop from side to side, switching legs as if you were hopping over a puddle or skating.
3. As you hop, swing your arms reaching your back arm toward your front foot, lowering your body a little as you land.

TIP: Pretend you're an ice skater, skating to score a goal—hold a football and pass it from one hand to your other hand as you hop.

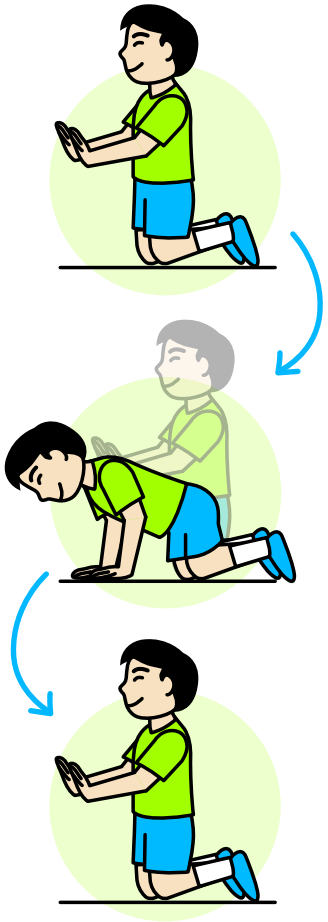


13. CARDIO

FALL AND CATCH

1. Kneel on the floor with your body straight and tall.
2. Bend your elbows and hold your hands up so they are just below, but in front of your shoulders.
3. Gently fall forward and catch yourself with your hands before you touch the floor.
4. Keep your tummy tight as you fall and stop.
5. Use your hands to push yourself back to kneeling—dodging players and handballing to teammates!

TIP: Keep your arms strong and pretend you're catching yourself as you dive to score a goal hand as you hop!

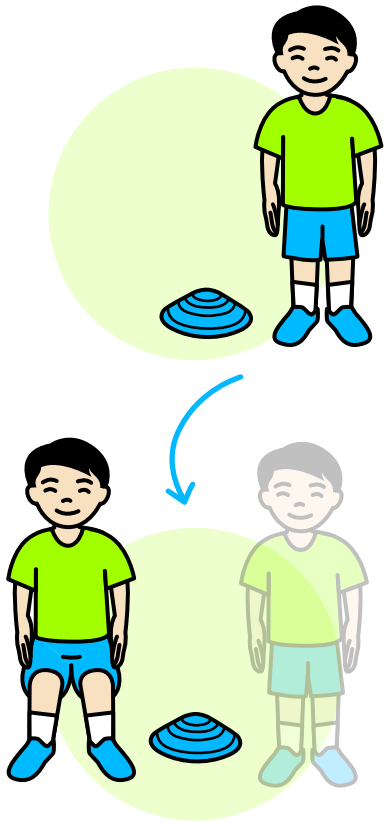


14. CARDIO

OVER THE DEFENDER

1. Place a small bean bag or cone on the floor.
2. Stand beside the small bean bag or cone with your feet together.
3. Using both feet, jump over the small bean bag or cone from side to side. Keep your knees softly bent as you land.

TIP: As an extra challenge hold a football while you jump—pretend you're leaping over a defender to kick the winning goal!

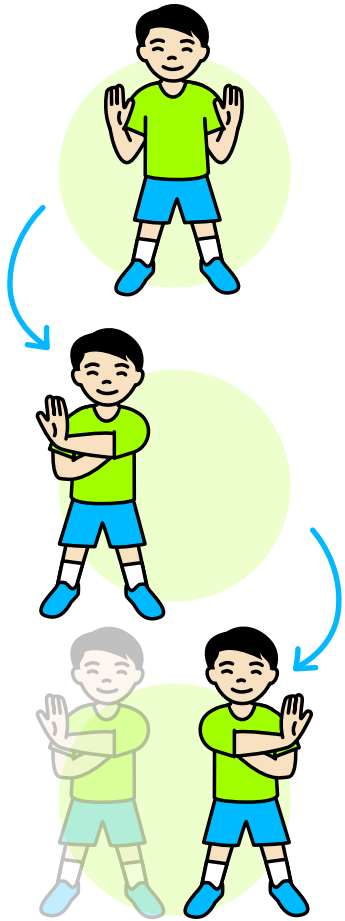


15. CARDIO

SIDE TO SIDE COMBO

1. Stand tall, with your hands up, elbows bent and your feet shoulder-width apart.
2. Take quick steps sideways to one side of the mat.
3. Push each hand out across your chest four times—left, right, left, right!
4. Shuffle back to the other side and repeat.

TIP: Hold a football in both hands as you do the exercise. Pretend you're dodging players and handballing to teammates!

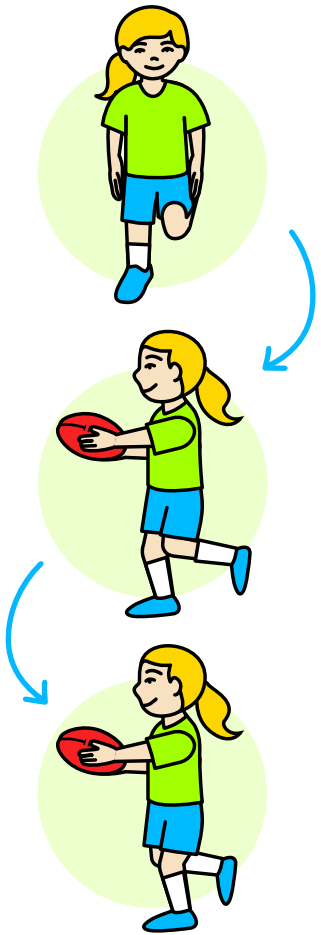


16. BALANCE

WRITE YOUR NAME

1. Stand on one leg and keep your balance.
2. Using two hands, hold a ball out in front like a pencil in the air.
3. Write your name in the air with the ball.
4. Swap to the other leg.

TIP: Now write the name of your favourite football team!

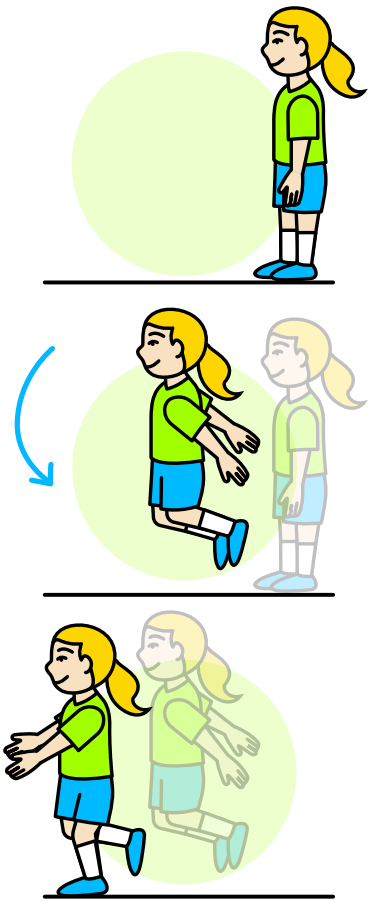


17. BALANCE

JUMP–LAND–STICK

1. Stand with both feet together.
2. Use both feet to jump forward.
3. Land on one foot, with your knee slightly bent.
4. Freeze like a statue for 2 seconds—don't wobble!
5. Swap legs - now jump and land on the other leg.
6. **Challenge** - Repeat the activity but see how far or how high you can jump!

TIP: Swing your arms back, then forward as you jump to give you power and lift, and to help you balance. Try holding a football in both hands as you do the exercise.



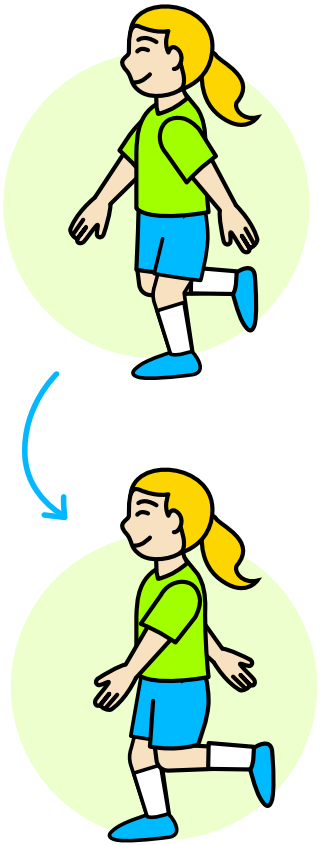
18. BALANCE

EYES CLOSED

1. Stand on one leg with eyes closed and keep balanced for 30 seconds.
2. Swap legs.

TIP: No peeking! If you wobble or fall, start again.

How do you think your favourite football team's mascot might balance?



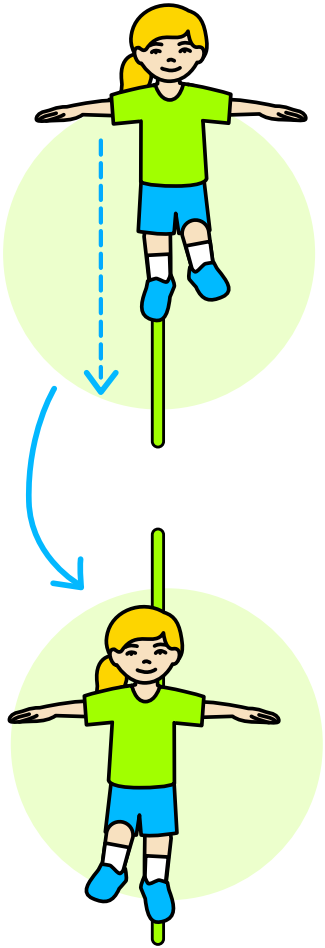
19. BALANCE

TIGHTROPE WALK

1. Use a line on the floor or an imaginary line.
2. Stretch your arms out wide to help you balance.
3. Step carefully with one foot in front of the other along the line.

TIP: Can you turn around and walk back to the beginning without falling off the line?

Can you walk the line backwards?

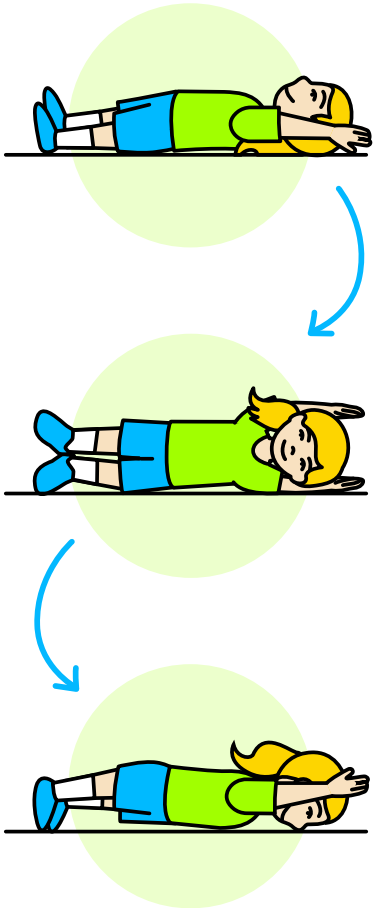


20. BALANCE

LOG ROLL

1. Lie down on your back with your arms stretched overhead and your legs together.
2. Keep your body straight as you roll slowly sideways.
3. Stop and balance.
4. After a few rolls, stop on your back or tummy and hold still for 5 seconds.
5. Roll back to the start, then stop without wobbling.

TIP: Can you hold a football while doing this exercise? Don't drop the ball when you stop!



21. FITNESS FUN

GRAB AND STOP

1. Place a football on the ground.
2. Run up to the ball and put one foot in front of it.
3. Pick up the ball quickly and keep running forward.
4. Push your hand out in front like you're fending off a defender.
5. Run back to the start, place the ball down, and get ready to go again!

TIP: When you put your foot down next to the ball remember to stay balanced as you quickly scoop the ball up.

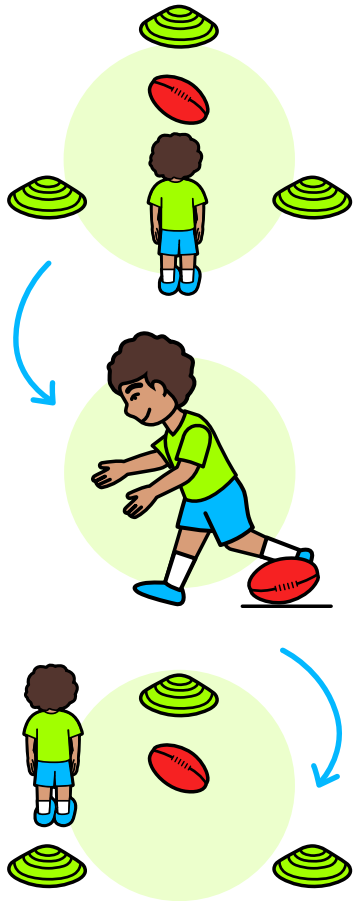


22. FITNESS FUN

TACKLING FOOTWORK

1. Place a cone on the ground about 2 metres in front of you. Place 2 cones on either side to form a small triangle.
2. Place a football on the ground next to the centre cone.
3. Run past the ball.
4. Stop, lower your body slightly and swipe your arm pretending to tackle the opponent.
5. Shuffle sideways to the left cone keeping low.
6. Run backwards to the start.
7. Shuffle sideways to the right cone keeping low.
8. Run backwards to the start.

TIP: If you don't have a football, replace it with another object or you can pretend there's an invisible ball.



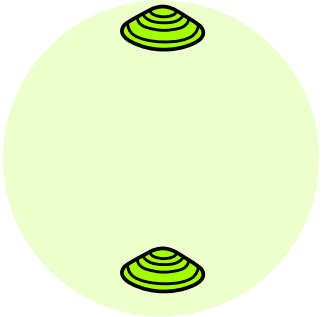
23. FITNESS FUN

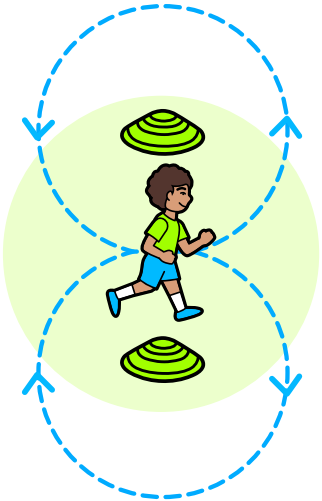
FIGURE EIGHTS

1. Put two objects down a metre apart from each other.
2. Start in the middle and run in a figure 8 pattern—around one object, then the other.
3. Use side stepping, shuffling and running backwards to move around the cones as quickly as you can for 30 seconds.

TIP: Move quickly but stay in control and try not to knock over your objects.

Try holding a football under one arm as you do the exercise.



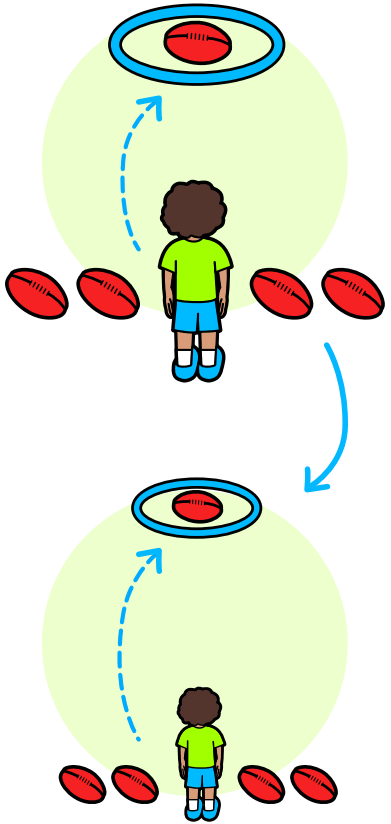


24. FITNESS FUN

TARGET TOSS

1. Place a bucket, hoop or box a few steps away.
2. Grab 5 soft balls, small bean bags or footballs.
3. Take turns throwing them into the target.
4. Move the target further back and handpass the ball for a challenge!

TIP: Try using different targets—like a basketball hoop, footy posts, or even a laundry basket!



25. FITNESS FUN

CLOCK JUMPS

1. Make a clock on the ground using 4 objects at 12, 3, 6, and 9 o'clock.
2. Stand in the middle on one foot.
3. Jump to 12, then back to the middle.
4. Jump to 3 o'clock, then back to the middle.
5. Jump to 6 o'clock, then back to the middle.
6. Jump to 9 o'clock,then back to the middle.

TIP: What other movement actions can you include?

