

# PHYSICAL LITERACY AT HOME

Balancing on 1 leg while picking something up  
(balance, bend over, pick up, stand up)

Throwing mittens or hats up and into a basket  
placed above head height

Hopping, jumping, skipping from room to room

## **Eating with NON dominant hand**

WALL SIT WHILE BRUSHING TEETH OR READING

Tape square on floor

Hop or jump up the stairs

Lateral movement down the hallway to and from rooms

Throw stuffy in the air, turn 360 and  
catch stuffy

Throw stuffy in the air, jumping jacks (increase how many) and  
catch stuffy

**Brush hair with NON dominant hand**

