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**Example: FootGolf Fun Day for Kids**

**Objective:** Introduce a variety of playful activities that focus on fundamental movement skills to children in the Active-Start stage, ensuring they are fun and engaging to promote physical literacy.

**Setting:** A local park with open spaces, a small FootGolf course, and various activity stations.

**Participants:** Children aged 3-6 years, their parents, and a team of coaches.

**Activities:**

**1. Obstacle Course Adventure:**

- **Description:** Set up an obstacle course with cones, hoops, and balance beams. Children will navigate through the course by running, hopping, crawling, and balancing.
- **Objective:** Develop agility, balance, and coordination.
- **Fun Element:** Add a treasure hunt theme where children collect small tokens at each station.

**2. Mini FootGolf Challenge:**

- **Description:** Create a mini FootGolf course with soft balls and small targets. Children will practice kicking the ball towards the targets.
- **Objective:** Enhance kicking skills and aim.
- **Fun Element:** Use colourful targets and give each child a fun nickname like "Super Kicker" or "Goal Master."