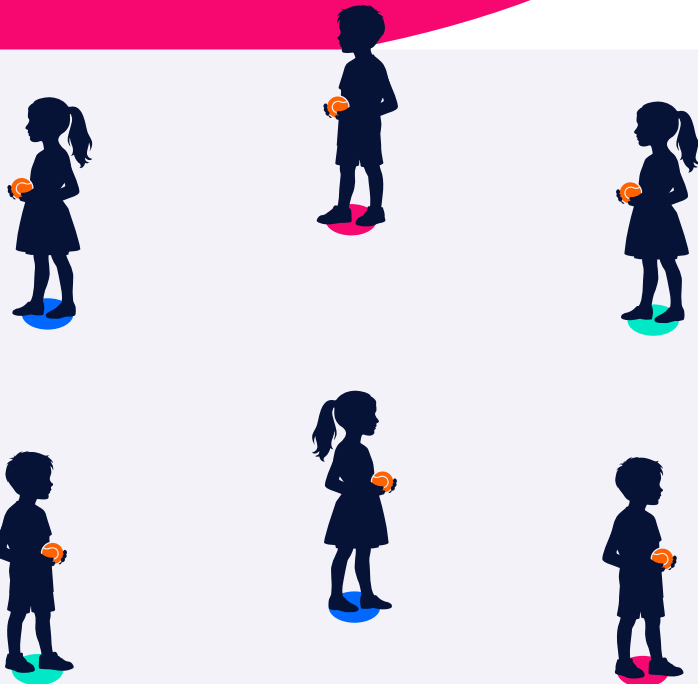


SUPERHEROES BODY & BALL: Power Bounce

Set the scene:

“Now let’s power up our balls.”



Brain focus
activities:



Equipment:



Balls (one per child)



Spots (one per child)

How to Play:

- Children stand on a spot with a ball and squeeze the ball to “power up.”
- On the command “go” they continue to “power up” their balls by walking around the space squeezing their ball.
- When they come to a spot they bounce and catch the ball on the spot to “super power up” their ball.

TEACHING POINTS:

- Drop the ball in front of the tummy.
- Watch the ball “super eyes on ball.”
- Cup hands to catch after the bounce.
- Children can use cue words to help with timing “step, drop, bounce, catch.”

SKILL UP:

- Increase the number of bounces before catching.
- Tap the ball down continuously as they move around the space.



SEE IT IN ACTION