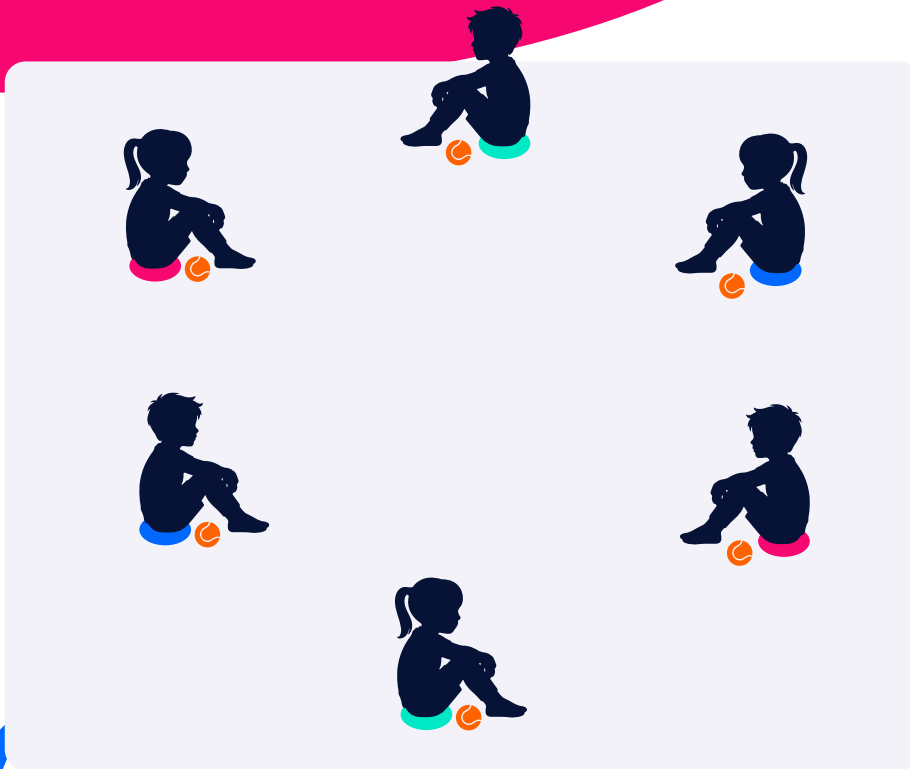


ZOO BODY & BALL: Sealion Bounce

Set the scene:

“We are heading over to the sealion pool to see them perform their tricks.”



Brain focus
activities:



Equipment:



Balls (one per child)



Spots (one per child)

How to Play:

- Children begin by sitting or kneeling on a spot with a ball.
- Roll the ball around the body, crossing at the midline.
- The sealions also try to catch the fish! Children to hold ball at chest height; drop the ball and catch it after one bounce with two hands. They may wish to change to straddle position to make it easier to drop the ball close to them.

TEACHING POINTS:

- Watch the ball.
- Hands ready in a low position.
- Make a bucket with your hands to catch with palms facing the sky.

SKILL UP:

- Progress to kneeling then to standing.
- Add a clap between the bounce and the catch i.e. bounce, clap, catch.
- Count how many catches in a row they can make.



SEE IT IN ACTION