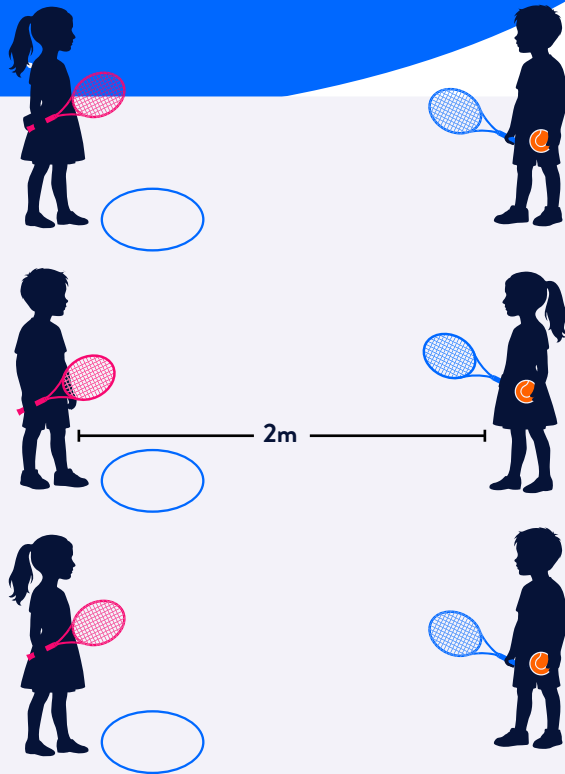


SPACE GAME: Alien Rally

Set the scene:

“Let’s have a meteor rally.”



Brain focus
activities:



Equipment:



Balls (one per pair)



Hoops (one per pair)



Catching nets and hitting tees
can be used if needed



Rackets or hitting hands
(one per child)

How to Play:

- Working in pairs, children start standing opposite their partner approximately 2 metres apart.
- One child is the hitter and starts with a racket and ball, and the other child has a racket and stands behind a hoop.
- The hitter bounces the ball and taps it to their partner. Alternatively, they can place the ball on a traffic cone or hitting tee and tap the ball to their partner.
- Their partner stops the ball with their racket then rolls the ball back to their partner.
- Repeat several times and swap roles.

Cool Down:

Set the scene:

“We are going to float into space.”

- Lie on the floor and concentrate on breathing:
 - “Inhale... fill your space suit.”
 - “Exhale... float slowly.”
- 3–5 slow breaths.
- Big astronaut stretch (arms and legs wide) then hug the knees in.
- Sit tall in astronaut pose.

TEACHING POINTS:

- Swing the arm slowly low to high to tap the ball.
- Point palm towards the target.
- Watch the ball.
- Move to the ball.
- Children may find it useful to say “bounce, hit” and “bounce, catch” to help with timing.

SKILL UP:

- Progress to a continuous rally. They can either roll the ball along the floor to each other sending it straight back, or allow the children to tap the ball straight back to their partner without stopping it.



SEE IT IN ACTION