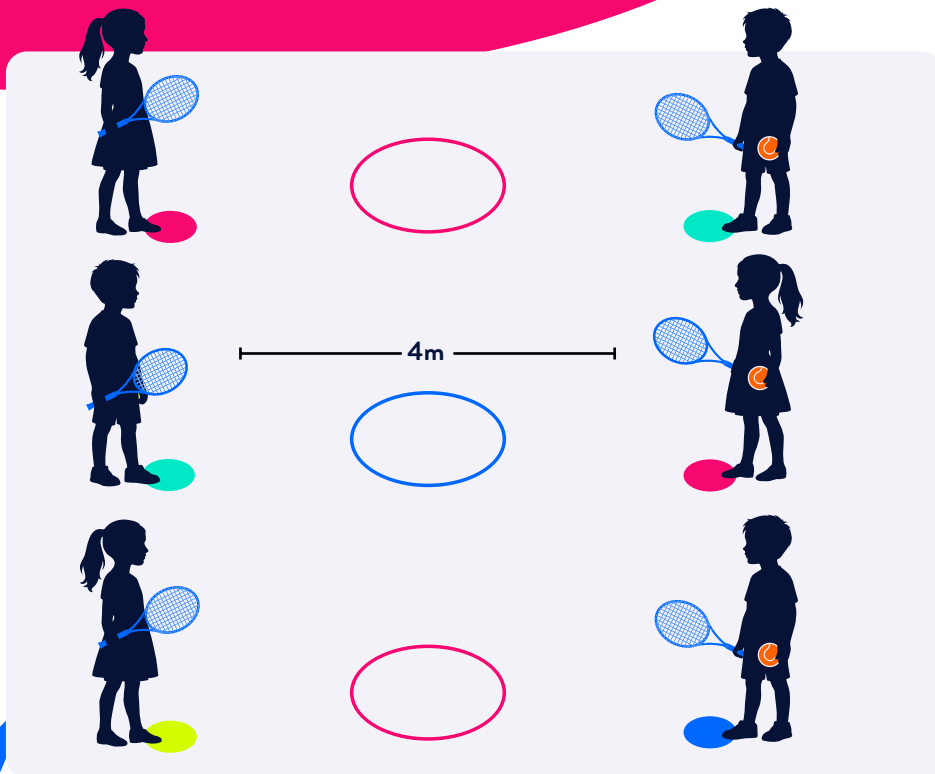


DINOSAURS GAME: Dino Egg Relay

Set the scene:

“Who is the fastest dino?”



Brain focus
activities:



Equipment:

-  Balls (one per pair)
-  Spots (one per child)
-  Hoops (one per pair)
-  Rackets or hitting hands (one per child)

How to Play:

- Children work in pairs starting on a spot facing their partner approximately 4 meters apart. A hoop (nest) is placed in the middle between them.
- Each child has a racket and one ball per pair.
- The first child balances the ball on their racket and moves towards their nest.
- When they get to the nest, they place the ball on the floor and using the racket they roll the ball to their partner. They then move back to their spot.
- The second child ‘splats’ the ball to stop it, then places the ball on their racket and moves towards the nest. When they get to the nest, they place the ball on the floor and using the racket they roll the ball back to their partner. They then return to their spot.
- Repeat this relay several times.

Cool Down:

“Dino Rest”:

- Reach tall (neck to the sky like long-necked dino).
- Side stretch (look left/right over valley).
- Bend forwards and touch toes (eating the grass).

TEACHING POINTS:

- Keep the racket strings flat to balance the ball.
- Gently tap the ball.
- Point palm and strings towards partner.
- Watch the ball.
- Move to the ball.

SKILL UP:

- Progress to tapping the ball. When the child reaches the nest, they stand side on, drop the ball and tap towards their partner.



SEE IT IN ACTION