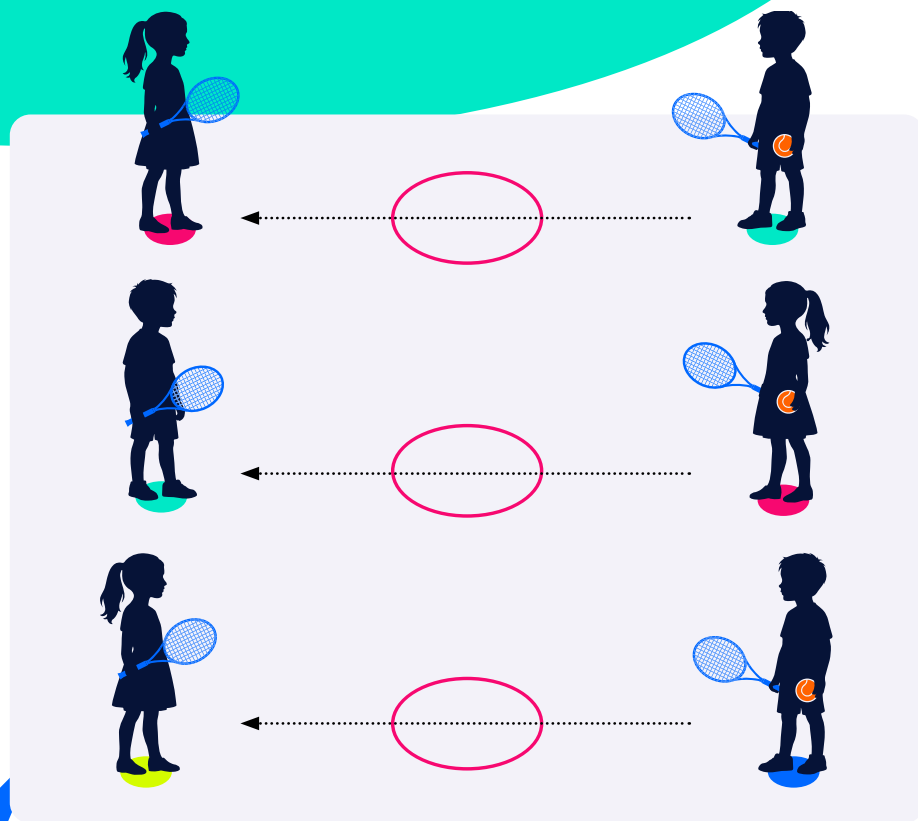


FARM GAME:

Farmer's Field

Set the scene:

"Let's work as farmers together to feed the animals!"



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 standing opposite each other approximately 2 metres apart.
- Both children have a racket and one ball per pair with a hoop placed half way between them.
- Place the ball on the floor and use the racket to roll the ball to their partner aiming to pass across the hoop.
- Children can either stop the ball before rolling it back or keep the ball rolling continuously (floor tennis).

Cool Down:

Set the scene:

"Quiet Barn."

- Children sit or lie in circle and concentrate on breathing:
 - "Inhale... smell the fresh hay."
 - "Exhale... calm farm air."
- 3-5 slow breaths.

TEACHING POINTS:

- Watch the ball.
- Move to the ball.
- Point the palm and strings to the target.
- Slow controlled swing to control the ball.

SKILL UP:

- Progress to a rally with the ball bouncing once. This could be a "drop, bounce, tap, bounce, tap" or a "drop, bounce, tap, bounce, catch, drop, tap" sequence.
- Count the number of hits aloud.



SEE IT IN ACTION