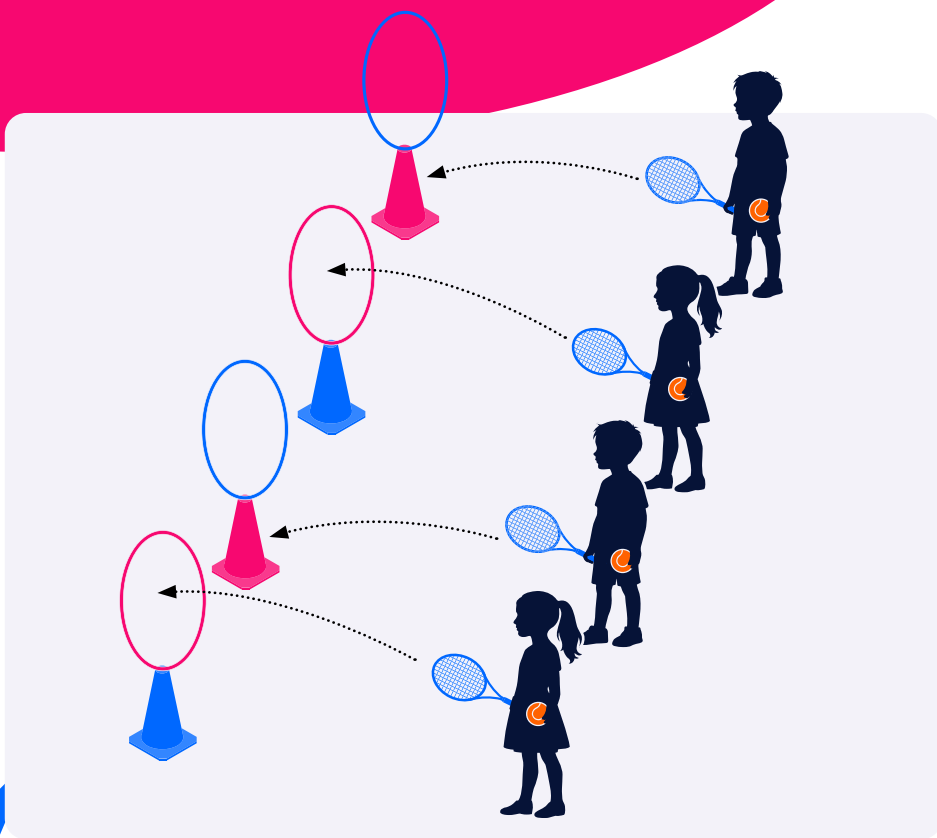


SUPERHEROES GAME: Save the City

Set the scene:

“Let’s knock down the wall and save the city.”



Brain focus
activities:



Equipment:



Balls (one per pair)



Hoops



Traffic cones



Rackets or hitting hands
(one per child)

How to Play:

- Set up a line of cones with hoops as the ‘city wall.’
- Children have a racket and ball each.
- Children tap the ball with the aim of hitting the city wall. They can either aim for the cones or to tap the ball through the hoops.
- They can roll the ball along the floor, or tap underarm or overarm.

Cool Down:

Set the scene: “Superhero Recovery”

- Children sit in circle and concentrate on breathing:
 - “Inhale... power up.”
 - “Exhale... calm hero.”
- 3–5 slow breaths.
- Finish in superhero pose.

TEACHING POINTS:

- Gently swing the racket to control the power.
- Palm and racket strings point towards the target.

SKILL UP:

- Increase the distance between children and the ‘city wall.’



SEE IT IN ACTION