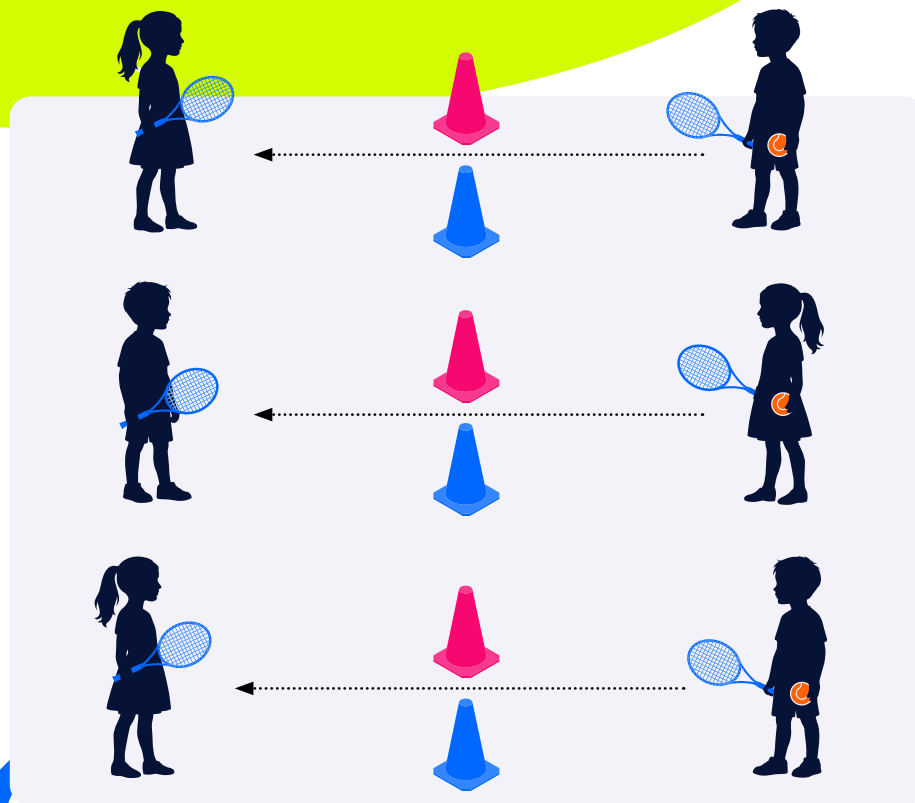


PIRATES GAME:

Ship to Ship Roll

Set the scene:
"Canon ball fire."



Brain focus
activities:



Equipment:

-  Balls (one per pair)
-  Traffic cones
-  Rackets or hitting hands (one per child)

How to Play:

- Children work in pairs and stand approximately 1 metre apart, with two cones placed between them acting as a harbour to send the ball through.
- Each child has a racket and the pair have one cannon ball (ball) between them.
- Children use their rackets to roll their cannon ball through the harbour to their partner.
- Children can either stop the ball before rolling it or roll it straight back.
- Aim for 3 successful rolls through the harbour.

Cool Down:

Set the scene:
"We are going to enjoy the sea air."

- Children sit in a circle and concentrate on their breathing:
 - "Inhale like smelling salty sea air."
 - "Exhale like blowing pirate ship sails."
- 3-5 slow breaths.

TEACHING POINTS:

- Roll the ball in front and to the side of the body.
- Gentle low to high arm swing.
- Point the palm and strings towards the target.
- Watch the ball.
- Move to the ball.

SKILL UP:

- Now change the direction by children starting to the left and right of the harbour rather than centre. Repeat from both left and right of the harbour.
- Increase the distance between the pair.



SEE IT IN ACTION