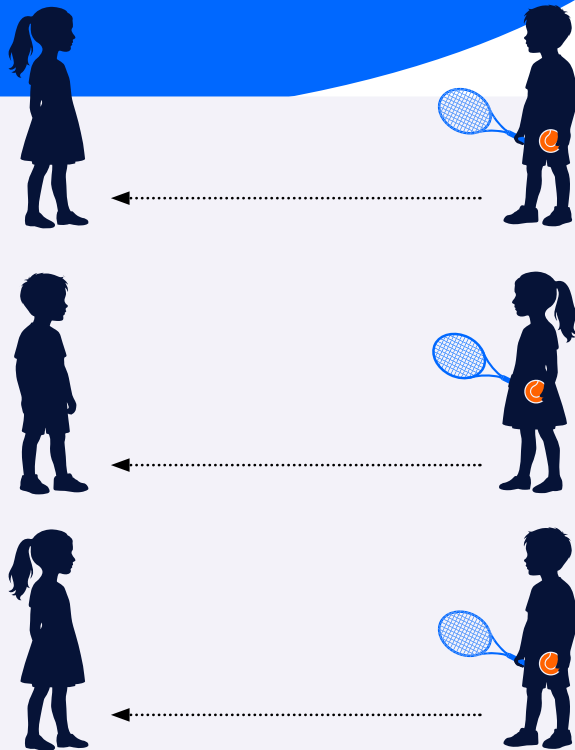


ARCTIC EXPLORERS GAME: Snowball Rally

Set the scene:

"We are going to send our snowball to our friends."



Brain focus
activities:



Equipment:



Balls (one per pair)



Rackets or hitting hands
(one per pair)

How to Play:

- Children work in pairs standing approximately 1 metre apart.
- One child is the hitter and has a racket a ball. The other child is the catcher.
- The hitter rolls the ball to the catcher.
- The catcher catches it and rolls it back.
- Repeat several times.
- Swap roles.

Cool Down:

Set the scene:

"The snow is falling."

- Children lie on backs and concentrate on their breathing:
 - "Inhale slowly..."
 - "Exhale like soft snow falling"
- 3-5 slow breathes.
- Hug knees and stretch out to a star position.

TEACHING POINTS:

- Place the ball on the floor.
- Tap 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.
- Say cue words to help with timing.

SKILL UP:

- The hitter can drop the ball and tap to their partner.
- Both children are hitters and can either use rackets or their hands to roll the ball continuously. Or to progress further, one child drops the ball, lets it bounce, then taps it to their partner, the partner lets the ball bounce then taps it straight back, and continue the sequence i.e. bounce, tap, bounce, tap.
- Count the number performed in a row.



SEE IT IN ACTION