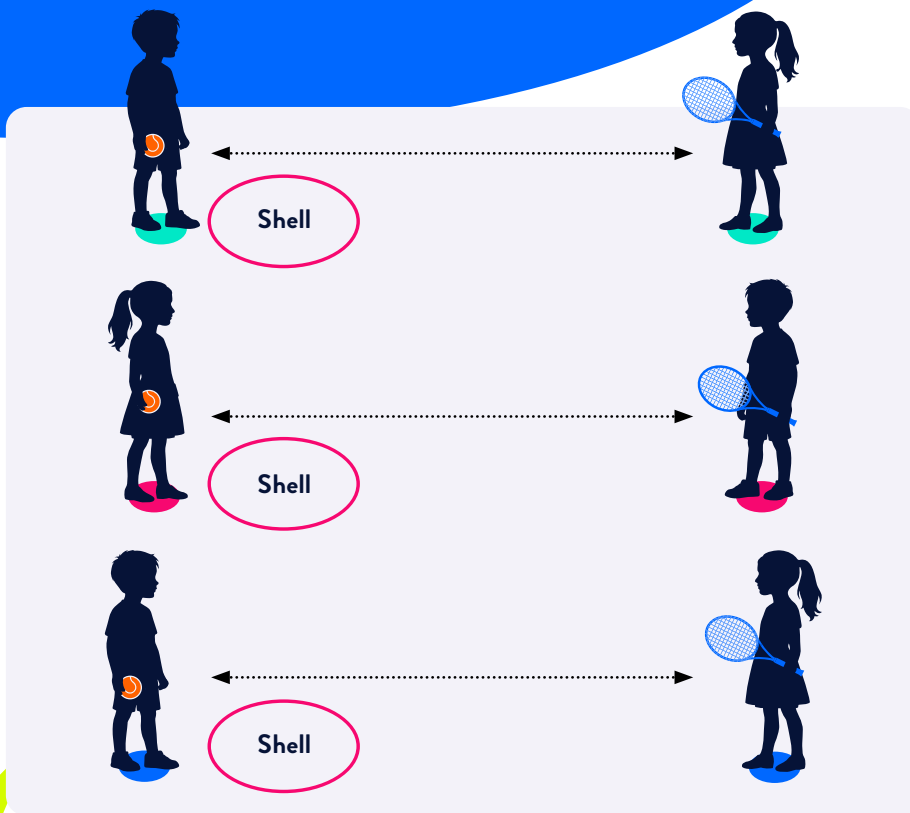


UNDER THE SEA GAME:

Treasure in the Sea

Set the scene:

“Place your treasure in the shells!”



Brain focus
activities:



Equipment:



Balls (one per pair)



Spots (one per child)



Hoops



Rackets or hitting hands
(one per pair)

How to Play:

- Children work in pairs and stand approximately 2 metres apart.
- One child starts as the sender with the ball and hoops (shells) placed to the side of them.
- Their partner is the hitter and has a racket.
- The sender rolls the ball towards the hitter.
- The hitter taps the ball with their racket aiming to get the ball to touch the shell.
- The sender collects the ball and rolls the ball again for their partner to tap.
- Repeat several times.
- Swap roles.

Cool Down:

Set the scene: “Now our sea adventure is coming to an end. Let’s help our bodies calm down like the quiet ocean waves.”

Starfish breathing: Ask the children to spread their fingers wide like a starfish.

- Use one finger to slowly trace up and down each finger on the other hand.
- Breathe in slowly as they trace up the finger.
- Breathe out slowly as they trace down the finger.
- Repeat for all five fingers.

TEACHING POINTS:

- Point your palm and fingers to where you want to roll the ball.
- Watch the ball.
- Move to the ball.
- Point the racket strings towards the hoop.
- If needed, the hitter can stop the ball before tapping it.
- Stand side on to roll and tap the ball.

SKILL UP:

- Increase the distance between the players and the shells.



SEE IT IN ACTION