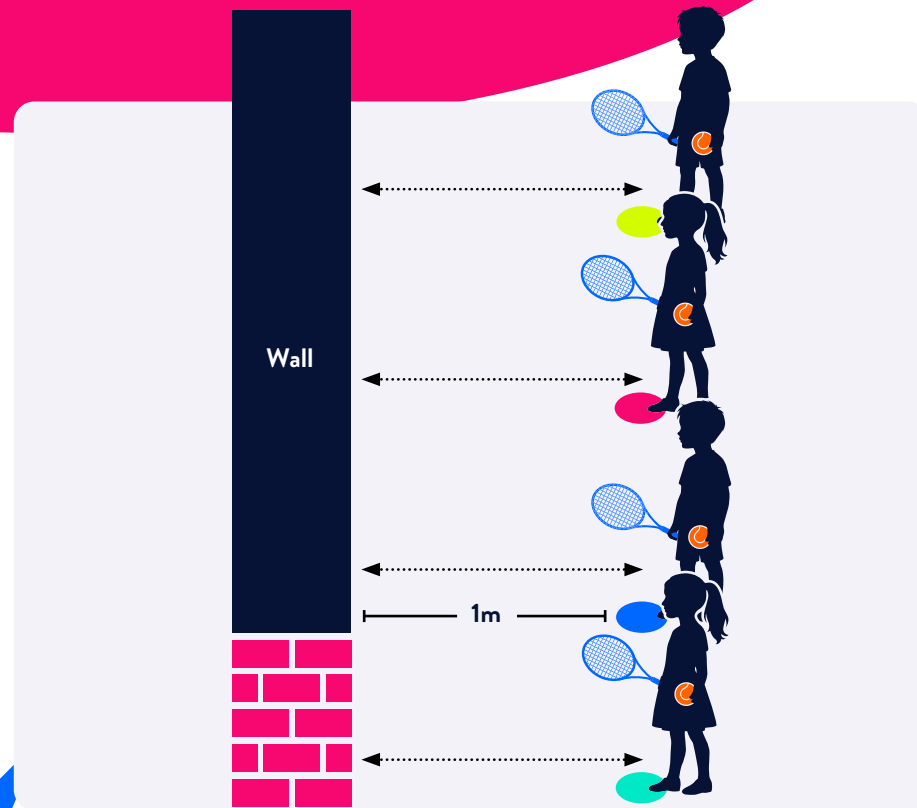


ZOO RACKET & BALL: Flamingo Tap

Set the scene:

“Now we’re heading to the flamingos.”



Brain focus
activities:



Equipment:



Balls (one per child)



Spots (one per child)



Racket or hitting hands
(one per child)



Access to wall or a bench
turned on its side

How to Play:

- Children stand on a spot approximately 1 metre away from a wall or bench turned on its side.
- Each child has a racket and ball.
- Children place the ball on the floor and to the side of their body, and use the racket to send the ball to the wall, and hold a one legged balance after sending like a flamingo.
- Replace the ball back to the starting position and repeat several times.
- Now children place the ball on the floor and to the side of their body, and use their racket to send the ball to the wall and then receive it back by stopping the ball.
- Replace the ball back to starting position and repeat several times, reacting to the rebound off the wall each time.

TEACHING POINTS:

- Watch the ball.
- Tap / push the ball in front and to the side of the body.
- Point the palm and strings towards the target.
- Move to the ball.

SKILL UP:

- Increase the distance between the spot and wall / bench.
- Children can hit the ball continuously against the wall / bench without stopping it (ensure it is done with control).



SEE IT IN ACTION