

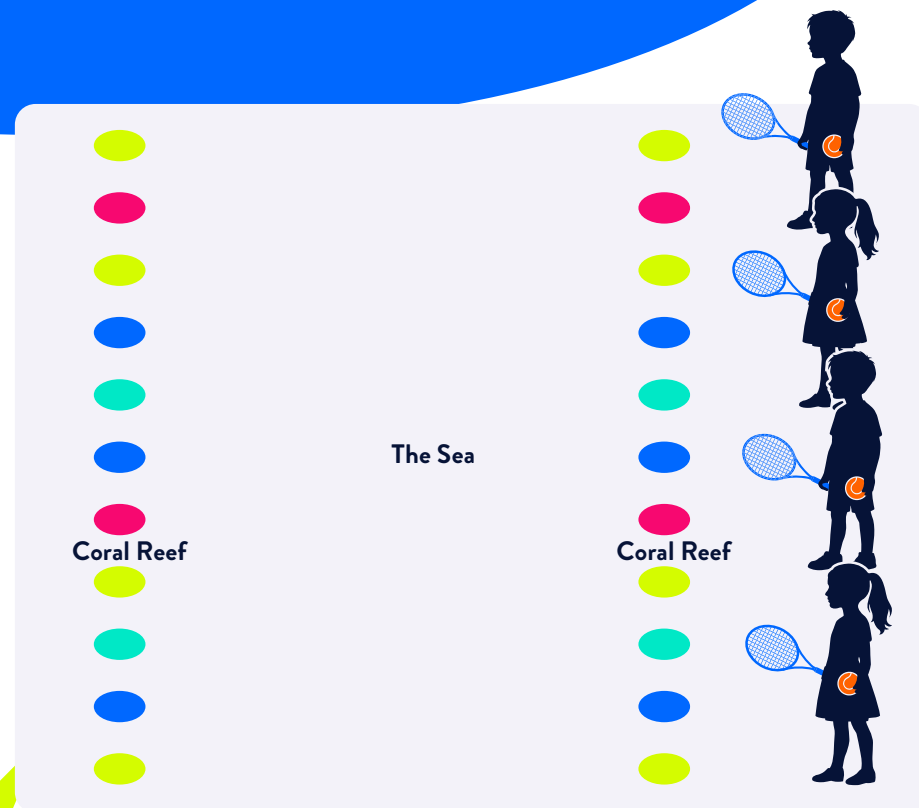
UNDER THE SEA

RACKET & BALL:

Octopus

Set the scene:

“It’s time for octopus tag.”



Brain focus activities:



Equipment:



Balls (one per child)



Spots



Rackets or hitting hands (one per child)

How to Play:

- Scatter spots (coral) on both sides of the space so that children can move safely around the “sea.”
- The playing area is the sea, and the spots are coral reefs where sea animals hide.
- Each child has a racket and ball (fish), and start standing on the coral.
- Children move from one side of the space to the other.
 - **Balance the pearl:**
 - Balance the ball on the racket and walk slowly across the sea.
 - After a couple of minutes change to walk backwards, still balancing the ball on the racket.
 - **Move like a crab:**
 - Roll the ball along the floor while moving sideways.
 - Change direction and swap the hand they are holding the racket in.

Clean the sea:

We need to clean the sea to protect the fish, help clean up all the balls and put them in the net to keep the sea clean.

TEACHING POINTS:

- **Balance the pearl:**
 - Keep the racket flat and elbow bent.
 - Hold the racket with one or two hands.
- **Move like a Crab:**
 - Keep the ball touching the racket.
 - Change hands that the racket is in so that the palm of the hand is facing the direction of travel.

SKILL UP:

- **Tiny octopus taps.** Tap the ball up on the racket and walk slowly around the sea (or remain still if needed). Keep the racket flat and elbow bent, holding the racket with one or two hands and gently tapping the ball.



SEE IT IN ACTION