

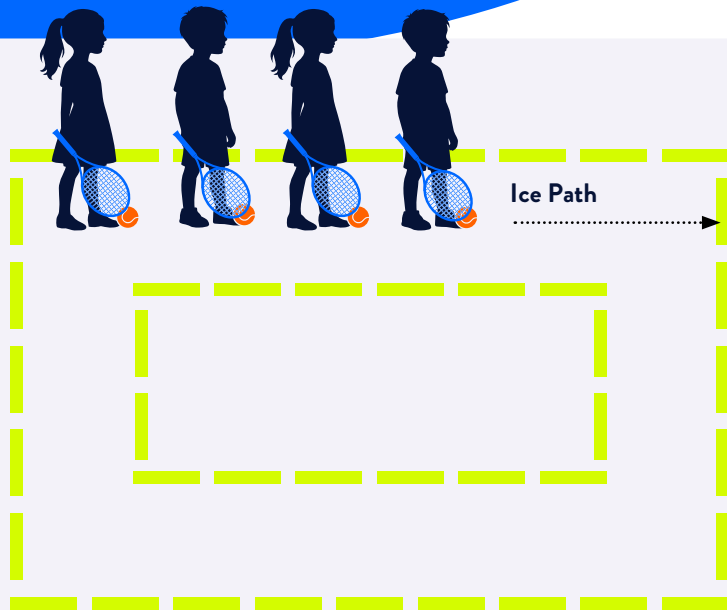
ARCTIC EXPLORERS

RACKET & BALL:

Snowball Push

Set the scene:

“Let’s push our snowballs around the ice.”



Brain focus
activities:



Equipment:



Balls (one per child)



Lines



Rackets or hitting hands
(one per child)

How to Play:

- Place a channel of lines around the space creating an “ice path.”
- Each child has a racket and a ball which is placed on the ground.
- Children use the racket to gently roll the ball forwards along the ice path, they walk after the ball and then tap again continuing along the path, repeating several times.
- Progress to a continuous roll with the racket and moving alongside with the ball.

TEACHING POINTS:

- Walk (don’t run)
- Watch the ball.
- Stay behind the ball.
- Keep the ball on the ground.
- Slow short tap to control the ball.

SKILL UP:

- At the end of the path or at certain points along the path set up “ice towers” which can be any form of target. Children control the tap aiming for the ice tower.



SEE IT IN ACTION