

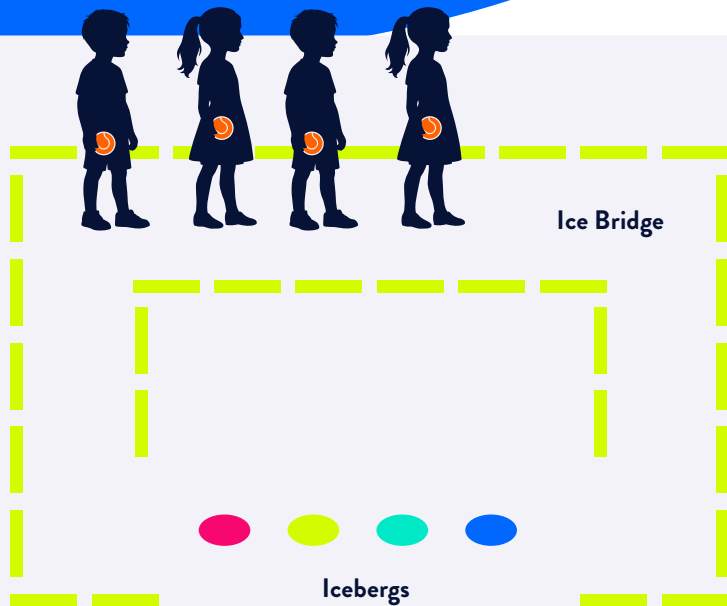
ARCTIC EXPLORERS

WARM UP:

Penguin Explorers

Set the scene:

“Let’s take our penguin egg for a walk!”



Brain focus
activities:



Equipment:

 Balls (one per child)

 Spots

 Lines

How to Play:

- Set up cones as “icebergs” around the outside of the space. Place throw down lines together or court lines as the “ice bridge.”
- Each child has a ball which they hold against their tummy while walking.
- Select one child as the leader. The other children follow the leader around the ice bridge, then jump on the icebergs (spots). Change the leader throughout the activity giving each child the opportunity to help increase their confidence. For a large group, you may want to assign different leaders who start at different points on the ice bridge.
- Call “freeze” and the children balance on one foot (like standing on ice rock).
- Include walking backwards.

TEACHING POINTS:

- Head up and eyes forward following leader.
- Small steps, feet close together.
- Hold ball while balancing.
- Arms out for balance.

SKILL UP:

- Change the speed of movement.



SEE IT IN ACTION