

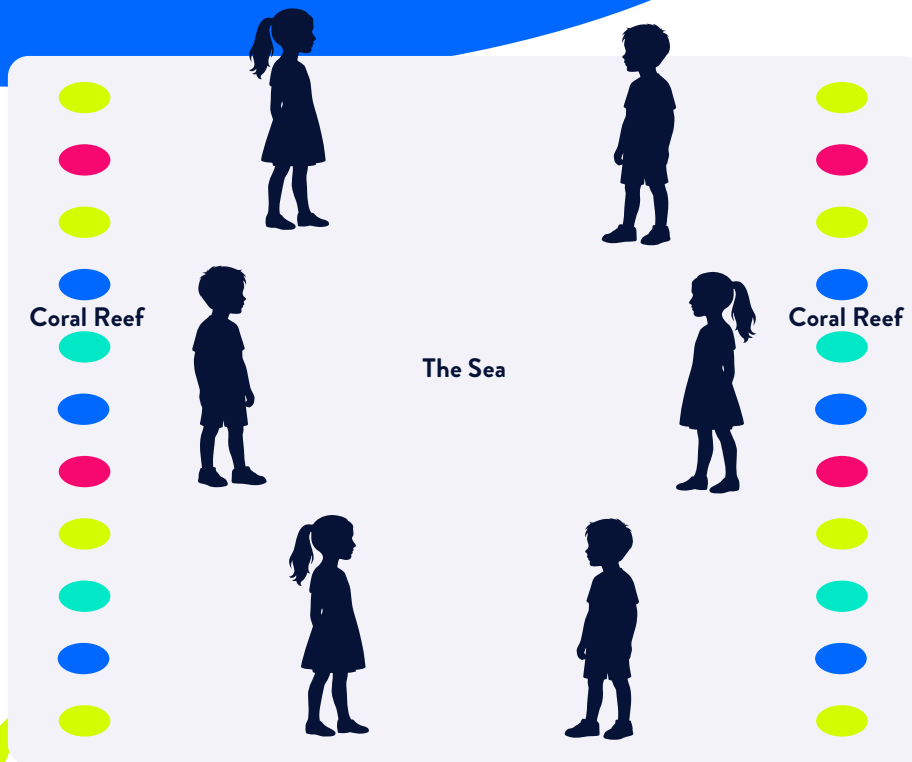
UNDER THE SEA

WARM UP:

Swimming in the Sea

Set the scene:

“Welcome to our under-sea adventure.”



Brain focus activities:



Equipment:



Spots

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.
- Children move around the space and when a sea creature is called, they perform the action. Start with just three actions and build up if the children are ready.
 - **Fish** – run around pretending to swim.
 - **Crab** – move sideways.
 - **Dolphin** – big jumps.
 - **Octopus** – move slowly forwards and backwards wiggling arms.
- Call “Shark!” and children must quickly swim to the nearest coral and stand on it to stay safe.

TEACHING POINTS:

- Make the actions big and overacted.
- Eyes looking where going.
- Keep body upright.

SKILL UP:

- On the call of “Shark!” children move to the nearest coral and hold a different balance.



SEE IT IN ACTION