



**SEE YOU AT THE SEASIDE**

### **Today's Seriously Fun Adventure...**

Today we are off to the seaside with our Sport Xplorer friend Handy Harry. At the seaside, we will feel the warm sun on our faces and the golden sand between our toes. How lovely to feel the sun while we stretch our bodies, wriggling our fingers and toes. We will feel the hush, hush of the waves rolling onto the beach.

We will learn how to bounce a beach ball, pushing it down with our hands and letting it bounce back up so we can catch it. Make sure you keep your eyes on the ball so you don't miss.

At the beach, we will see lots of rock pools, where crabs and other sea animals live under the water, clinging to the rocks. Can we practise bouncing our beach balls in the rock pools? Careful not to let a crab pinch you!