



## ON THE WAY TO THE ZOO

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

Today we are off to the zoo with our Sport Xplorer friend Fast Freddie, and he will teach us how we must jump and land. So let's get on the bus to the zoo...

Once we get to the zoo we will see all kinds of animals. Firstly, we will visit the kangaroos and watch how they jump. We will practise jumping on two feet, just like the kangaroos, then on one foot and taking big jump steps. Just like the kangaroos, we will use big steps and also use our arms for power and to keep our balance.

When we visit the monkey enclosure, we will see them swinging around on the trees and jumping from branch to branch. Monkeys have very strong arms and legs to help them jump and we are going to watch them jump around and try to copy them. Can you jump between tree branches? Make sure you land with soft feet so you don't get hurt. We will practise jumping with one foot and with two feet – listen out for the instructions from Freddie. Look out for the bananas in the trees – can you jump to reach them, just like the monkeys?

Remember to look up when you are jumping, bend your knees and swing your arms for power. Land carefully on your feet – Freddie will show us the right way to do it safely.