



IN THE ARMY

Today's Seriously Fun Adventure...

Today we are all army cadets and we are going on an adventure with Skilful Sally. You must listen to the sergeant and follow the instructions.

We will practise marching in the parade in time with the music. We will be moving around the field, crawling through the trenches and jumping over potholes. We'll be going left, right, forwards and backwards through the fields and trenches. We will even try marching in zig-zag lines and changing directions, and even galloping on our horses!

Before the sergeant starts our training, we will have some time to practise kicking footballs. Keep control of the ball and make sure you know how to stop the ball with your foot. When the sergeant comes along to start our training, he will tell us to dribble the ball around different obstacles and use our skills to stop the ball from rolling away.

But beware of the Grumpy Grizzly, who is always looking to cause trouble! He is trying to kidnap the army cadets so watch out for him and make sure he doesn't get you by moving around the space.