



**SEE YOU AT THE SEASIDE**

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

Today we are off to the seaside with our Sport Xplorer friend Skilful Sally. 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.

People are singing and dancing by the sea – let's join in and have some fun!

Our first beach game will be playing with a beach ball and some skittles. You'll score points by knocking down skittles with the beach ball, so roll the ball carefully in a straight line to knock down as many skittles as you can.

But above us in the sky, the seagulls are flocking and flying around, looking for items they want to steal from people and taking them into the sea! So be careful to keep control of the ball, otherwise the seagulls might take it.

Then we will have to chase the crazy crabs, which are trying to race across the beach. We will try to hit them with the balls as they run past.

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