



Today's Seriously Fun Adventure...

Today we are going back to the jungle with Handy Harry. This time we will work on our own to practise our throwing and catching skills on our own, at the "jungle boogie"! We will listen to jungle music and dance away like the animals in the jungle. Can you dance moving your body like the different animals? How about wiggling your body like a slithery snake, or stomping like an elephant? Can you swing your arms like a monkey or fly like a bird?

But when the music stops, we have to balance our beanbags carefully on our heads quietly and stand very still, so the animals don't see us.

In the jungle, the animals sometimes need to throw and catch things like food or twigs and sticks to build their homes. Can you think about what the animals might throw and catch to each other, and practise? Once again the Grumpy Grizzly is back, and he is trying to steal our food! So when you are throwing and catching, be careful not to drop anything or he will steal it...

www.sportxplorers.co.uk