



## Today's Seriously Fun Adventure...

Today children, we will be joining Sport Xplorer Bella on a magical fairy tale adventure... We will travel through the woods and meet Red Riding Hood, but be careful of the Big Bad Wolf! We will meet Snow White and her dwarves, Jack climbing up his beanstalk and some of the characters from Aladdin.

We will focus on our bodies, making sure we use the right movements as we travel through the forest.

Once we reach the castle, we have to rescue the hen that lays golden eggs. We will have to go under, over and round obstacles to find the hen. Can we help to rescue her?

## www.sportxplorers.co.uk