



**SEE YOU AT THE SEASIDE**

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

Today we are going to the seaside with our Sport Xplorer friend Balancing Bella. We will travel in different ways to get there – we will practise skipping, camel walk, galloping, slithering, hopping and jumping. Can you remember Bella's special jumping skills?

Once we get to the seaside we will feel the warm sun on our faces and the 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 while we find a good spot to lie on our towel to watch the sea.

Listen out for the tambourine sound – when we hear it, a huge wave is coming and we need to jump really high over it by using Bella's special jumping skills. But make sure you stay safe and jump carefully.

If we do a good job of jumping the waves in the sea, Bella will invite us to the hotel swimming pool to practise jumping into the pool in different ways. We will learn some new jumping skills but don't forget what we have already learnt about safe and sensible jumping.

So let's go to the seaside!

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