



ON THE WAY TO THE ZOO

Today's Seriously Fun Adventure...

Today we are going to the zoo with our Sport Xplorer friend Balancing Bella! We will see lots of animals at the zoo, and we can use different shapes to balance our bodies and copy our favourite animals. Can we walk like a peacock? Skip and swing like a monkey? Gallop like a horse? Hop on one leg like a flamingo? Slither like a snake? Jump like a kangaroo? Slide like a penguin?

We will also use our bodies to jump over and under the trees, fences and other obstacles, just like the animals do.

Bella will bring a photographer to the zoo. We will have photos taken if our poses are good enough. Listen out for the tambourine – when you hear it, strike an animal pose and hold it for 5 seconds. Think about what part of our bodies we can use to balance. Keep our poses nice and strong, so the photographer can take some good photos of us.