

Beach Day ✨

8-11 years

Transition: Beach Fitness ✨

- Star Jumps x 5
- Touch Toes - Tip Toes x 5
- Down Dog - jump to feet and back x 5
- Repeat x 10!

Circle Time: Exploring the Sea

Breathing exercise:

Starfish Breath: Trace your breath over your fingers, breathing in as you trace your finger up and out as you bring your finger down, thinking about the wiggly tentacles of the starfish

Sharing Q: What type of sea are you? Calm/Choppy/Stormy etc

Warm Up: Swimming

- Lie on belly and do Front Crawl
- Breaststroke
- Roll onto back for back stroke
- Stay on back, spread arms and legs out and make Sea Angels

Sequence: Building a Sandcastle

- Create a row of down dogs in a line for the main castle
- In partners create the turrets - one child goes on all fours and the smaller one stands on their partners back to be the flag
- In partners do double boat and double dog to create big sandcastles
- Build a moat (all lie down and create a large circle holding feet of person next to you in the circle)
- Make up your own sandcastle partner pose!

Game: King Crab

Choose one child to be King Crab. Everyone goes into crab pose and King Crab has to catch the other crabs by touching them with their feet. Once caught you are on King Crabs team and you can also catch others.

Calm Zone

Meditation with a pebble or shell - notice its texture for one minute

Bridge - Shoulderstand (wiggle legs like seaweed)- Zig Zag (rock legs back and forth like waves)

Guided Relaxation: Sea Turtles

Visualise tiny turtles breaking out of their shells on the sand dunes. Imagine walking in the warm sand for the first time, see the safety of the sea sparkling in front of you, feel the waves breaking around you and realise you know how to swim. Imagine feeling safe and relaxed in the water. Know that you have a whole new world to explore.