

A Day at the Beach

Welcome to the seaside! You are the cousin of Wonder Wolf, Sea Wolf, and you will take care of the children and parents so that they will spend an unforgettable day with Karibou and his friends at the beach!

Develop dynamic balancing and body/object spatial orientation.



Welcoming Parents and Children | 3 min



Start-up Routine | 7 min

1. Theme Song | 2 min
2. Running/Themed Activities | 5 min



► Chicks to Raccoons (see the start-up routine on page 8, 27 or 46)



The instructor places a box of beach towels (scarves) in the middle of the circle and invites the children to each take one. Once each child has a beach towel, the instructor invites the children and parents to line up behind him and follow him to find their way to the beach. Once we're arrived, our day at the beach can begin. Let's perform different walking styles in order to warm up our muscles (giant steps, brisk walking, etc.). Once the walk is over, ask the children to brush off the sand they have on the different parts of their bodies with their towels (first the belly, then the arm, etc.).



► Bears to Foxes



Hi everyone, today we are going to discover the beach with Karibou and his friends! Can you tell me or show me what we can do at the beach? The children answer things like tan, play ball, paddle in the sea... Great job (the instructor encourages the children's responses)! Follow me! I know the way to the beach! (Everyone walks behind the instructor). The sand is soft here, we are sinking! We have to lift our legs to go forward (giant steps). Oh look children! Seagulls! Let's imitate them so not to scare them (do bird or duck walk). We're here. Take your towels and chose an open spot to sit down.

Now that we're all here, let's put some sun cream on to protect us against the sun.

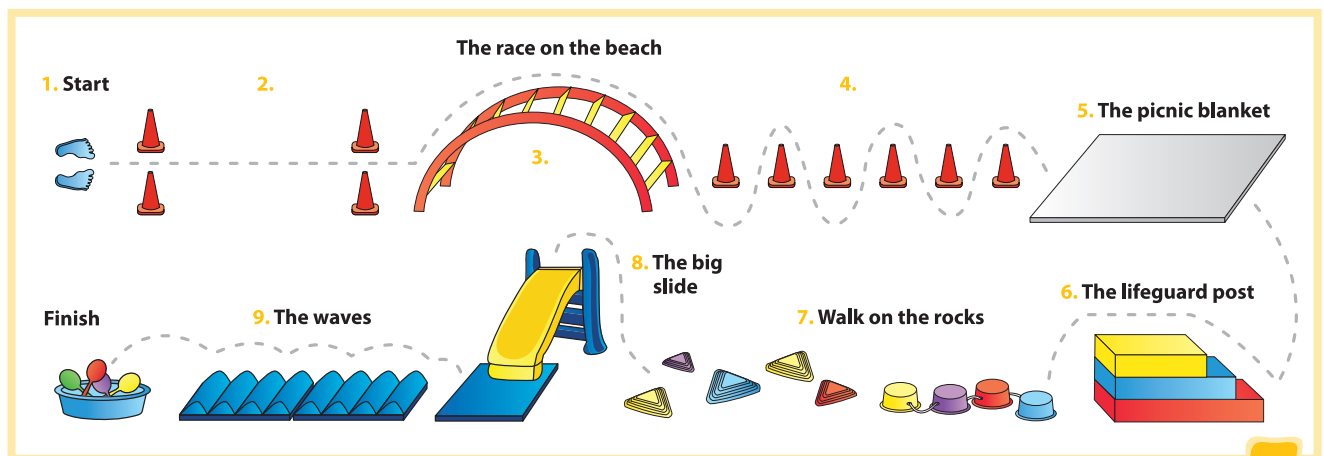
- The instructor announces several parts of the body (face, arm, leg, torso, etc.), as soon as a body part is announced, they have to rub it actively.

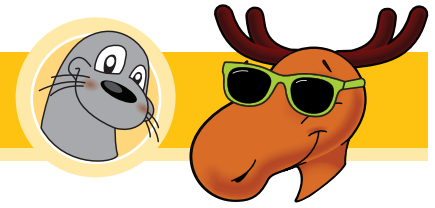
3. Presentation of the Period's Objectives and Main Activities



Themed Activity | 18 min

Oh no! There are too many people on the beach and we can't find Karibou! We have to search all over the beach to try to find him. Come with me!





A Day at the Beach

• Themed Activity continued

Part 1 (1 to 5) : Race. We have to find Karibou quickly before he gets scared.

Part 2 (6 to 7) : Climbing game. We have to climb the lifeguard post and the rocks to get to the slide so as to have a view over the beach and look for Karibou.

Part 3 (8 to 9) : Carrying game. We have to take a maraca and make noise so that Karibou can hear us and find his way back.



Supplementary Activities | 15 min

We did it, we've found Karibou! Let's celebrate and have fun with him!

► Surfing Class | 5 min

Lay the child down on his stomach and ask him to move to a standing position. (The younger the child, the more steps he'll need to succeed. E.g. a Chick will need help from his parent and will have to go first on all fours, then on his knees before he stands). Encourage the parents to help the children and show them the movement. For the older children, pretend to paddle to begin with, then ask them to lean to the left and to the right once they are standing. Repeat several times.

► Tennis Game | 5 min (use the Ball and Hitting educational guidesheets)

The parent faces the child with a small ball and throws it to him. The child has to hit the ball with his hand or a racket.

- **Chicks to Raccoons** : roll or throw a party balloon and ask the child to hit it with his hand.
- **Oursons à Renards** : throw a ball and ask the child to hit it with his hand or with a racket. Adjust the distance according the level of the child. Repeat several times.

► Ball Games | 5 min

- **Chicks to Raccoons** | The Big Ball page 156
- **Bears to Foxes** | Hot Potato page 156



End Routine | 5 min

The instructor must perform this activity with the participants in order to show them the movements.

► With the Beach Balls (Swiss Balls)

1. Roll the child, who is lying face down, onto a beach ball.
2. Rock the child in a forward-to-backward motion and then left and right.
3. Repeat step 2, this time with the child on his back.

Finish the routine with the children lying on the beach towel (scarf) on their backs like starfish.

► Massage (when Swiss Balls are not available)

Each parent makes a little ball of sand (textured ball). With the ball, the parent massages his child.

1. Child lying on his back: roll the ball of sand gently on the child's arms, belly and legs.
2. Child lying on his belly: roll the ball of sand on the child's back in different directions.

Between each position, the instructor invites the parents and children to stretch their arms and roll onto their sides.

► You can also use the Animal Yoga End Routine (see special Easter Period).



Handing Out the Surprises! | 2 min

- Hand out a surprise per child! E.g. bucket/shovel, sand mold, sunglasses, hat, etc.



Equipment Required

- Motor skill equipment: Cones, river stones and/or overturned buckets, step, 2- or 3-wave mats, slide, box of maracas, scarves, Swiss Balls, party balloons, overballs, balls, arch-ladder, mat (picnic blanket), rackets, surprises (optional).
- Additional Equipment: instructor's disguise, red hat, white t-shirt, shorts, sandals, sunglasses.