

KINGS AND EMPERORS

- 1 Give each child a soft ball which they hold between their knees, this is their egg, and they must protect it.
- 2 Play with your child or if more than 2 players, form teams of King Penguins or Emperor Penguins.
- 3 Set up two nests for each penguin team for e.g. a spot at each end of the lounge.
- 4 Stand children at one end of working area.
- 5 On 'go', they must jump, holding the ball between their knees and make it to the other side.
- 6 If they drop the ball en route, they must bring their ball back and start again.
- 7 They must drop the ball from their knees to the target nest.

Extension:

Change the type of ball e.g. bigger or use a balloon. Try a variety of objects such as pillows, teddies or loo rolls! If they are getting good, try and get them out by rolling a soft ball along the ground and hitting the feet or legs.

