



BEACH WALKS



@valesportsplay



@valesportsteam



**BEFORE YOU SET OFF –
PACK A DRAWING PAD AND
PENCILS TO WRITE DOWN OR
DRAW THE DIFFERENT
SHELLS AND ROCKS YOU
SEE ON YOUR WALK**

DURING YOUR WALK – PHYSICAL ACTIVITY IDEAS

CAN YOU:

- JUMP AND CREATE THE SHAPE OF A STAR FISH
- RUN LIKE A SEA HORSE
- WALK LIKE A CRAB
- CRAWL LIKE A SEA TURTLE
- LEAP LIKE A SALMON



**CAN YOU RUN THE LENGTH OF
THE BEACH?**

**CAN YOU DRAW
YOUR FAVOURITE
SEA ANIMAL?**

**CAN YOU BUILD A SAND
CASTLE?**



**HOW MANY SHELLS CAN YOU
FIND?**

