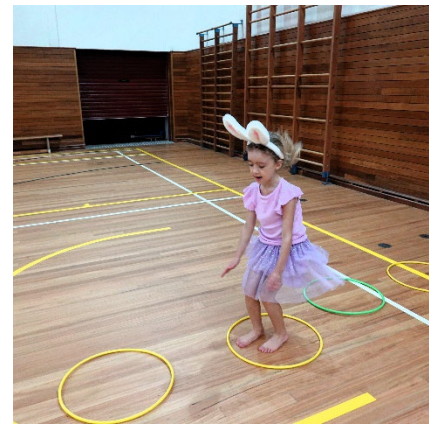


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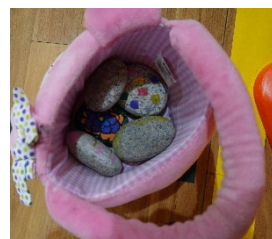
The sport session was very Easter themed today. We had many fun races which not just challenged the children physically. They also had to adhere to specific rules, remain patient, adjust to others and work out numbers. After the warmup session we spoke about fairness and not cutting corners in order to win as that would be considered cheating. We stressed that it was much more important to do it well and not win rather than being first whilst not doing it right.

We had sack races, three-legged races, egg and spoon races, hoop hopping with bunny ears, wheelbarrow races and easter egg collecting on roller boards, during which the children were challenged to fill five eggs (one at a time) into their easter basket which they had to check and count, adding a mathematical aspect to the activity.

A big "Thank you!" to Eva Marie and her mum Coryne who donated the easter props we used.



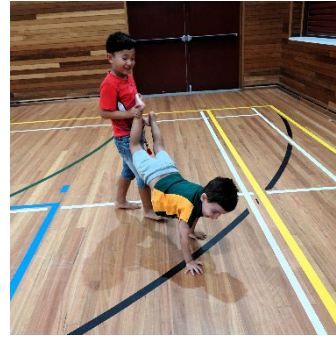
"Ich hab schon drei!" Karl exclaimed. Silke enquired how many he still needed to collect for him to win. Karl thought about it. Anton: "Drei!" Silke shook her head. After giving it some more thought Anton corrected himself: 'Zwei!'" After dropping the fourth painted stone egg into his easter basket, Silke asked: "Und wieviel fehlen jetzt noch?" "Einer!" he responded. Leon and Milan both raced one round too much, collecting 6 eggs before realising that they had already achieved the task.



Otto displayed persistence as he diligently completed the task well without being deterred by the rush around him. Many children took some time to choose which of the differently decorated stone eggs to collect before rolling back to their basket.



A particular challenge was the 'Schubkarren Rennen' as the children had to partner up and negotiate moves with their partner in order to be able to effectively 'wheel' their 'wheelbarrow' from one end to the other. They had to shift their body weight, adjust to the other person's movements, engage core strength and maintain balance. Not an easy feat but many tried their very best and succeeded. This exercise fosters proprioception and builds upper body strength. We spoke about how the person walking is responsible for ensure their partner does not get hurt and how they have to remain careful not to drop the legs but give sufficient support. This was a great exercise in teamwork and communication.

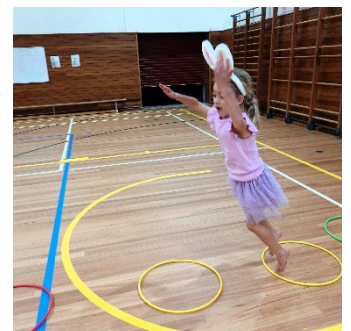
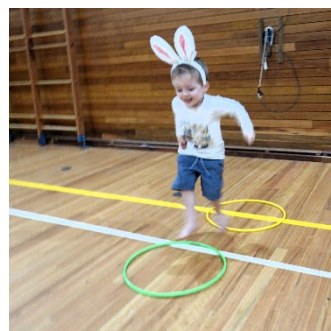


Similar outcomes were achieved in the three-legged race during which the children were required to coordinate their movements with a partner to be able to move forwards and complete the task.



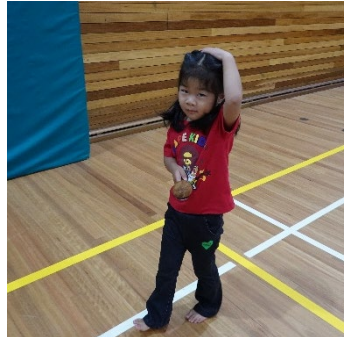
In keeping with the theme, there was plenty of hopping practice during the sack races and bunny hoop jumps.

Hopping is one of the fundamental movement skills, practice of which is promoted by the NSW Munch & Move initiative. FMS form the foundation that enables more sophisticated movements and participation in sport activities.





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“Auf die Plaetze, fertig, los!”

Waiting for the others to get ready and the races to commence proved to be a challenge in itself as lots of children keenly took off when it was their turn. As it was too tempting to hold onto the egg whilst walking during the egg and spoon races, we added the additional challenge of placing the hand not holding the spoon on one's head. Most children tried their best to remember this and remained focused on keeping the egg inside the spoon sufficiently balanced as not to drop it. This requires quite a bit of coordination.

We concluded the session with a game of 'Feuer, Wasser, Luft' substituting the elements with easter themed actions. The children ran around using the entire hall to the beat of the drum and on command quickly responding and moving into whichever specific action was called. We had "Osterhase" which meant the children held up their hands to form ears and hopped on the spot, "Osterei" during which the children rolled up and rolled around on the ground and "Huhn". Where the children went down in a crouching position and flapped their arms which cackling like a chicken.

