



Get Set 4 P.E.

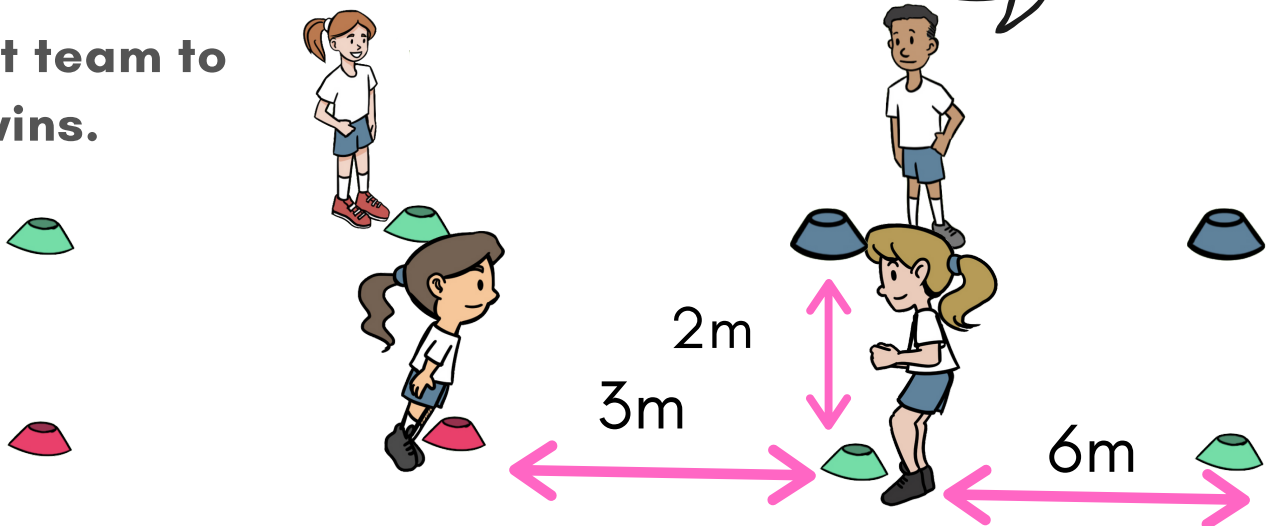
Rock, paper, scissors

What you need: two cones or chalk or lines on the playground per player.

How to play:

- Split your group into two teams.
- Children stand at their marker 2m opposite one player from the opposing team.
- Players jump on the spot three times before jumping on the fourth jump either with their feet landing together to represent 'rock', feet landing straddled wide to represent 'paper', or landing with feet one forwards and one backwards to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.
- After each game all players turn and run to the marker behind them and back before playing another game.
- Rotate your opponent every three games.
- Teams add their points together.

**First team to
15 wins.**



Considerations:

- Ensure children are spaced out the appropriate distance apart.
- Select one pupil from the group to add their teams totals together.



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Run and jump

What you need: a cone or chalk or line on the playground.

How to play:

- Split your group into two even teams.
- One team are the runners. The other team the jumpers.
- Runners take it in turns to run 4 lengths of your playground (adjust the distance where necessary).
- Whilst one runner is running, one jumper completes as many speed bounces over a marker as they can.
- Once the runner has completed 4 lengths the jumper stops.
- Then the next runner and jumper begin.
- Jumpers add their totals together to get a team score.
- Then teams change over.
- Which team can get the most jumps?

Change teams and play again, perhaps changing the jumps to burpees or an exercise have they learnt at home.



Considerations:

- Ensure children waiting are spaced 2m apart.
- It's a team game so encourage good sportsmanship and teamwork whether they win or lose.



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Safari

What you need: One cone per person

How to play:

- Name each player either a monkey, giraffe or elephant.
- All players stand in circle at a cone with one player in the middle.
- The player in the middle calls monkey, giraffe or elephant. The named animals run around the outside of the circle trying to get to an empty cone before the others.
- The player in the middle also runs to stand at an empty cone.
- The last player to get to a cone stands in the middle and begins the game again.



Considerations / options:

- If playing with fewer numbers use just two animal names.
- Make this harder by increasing the size of the circle.



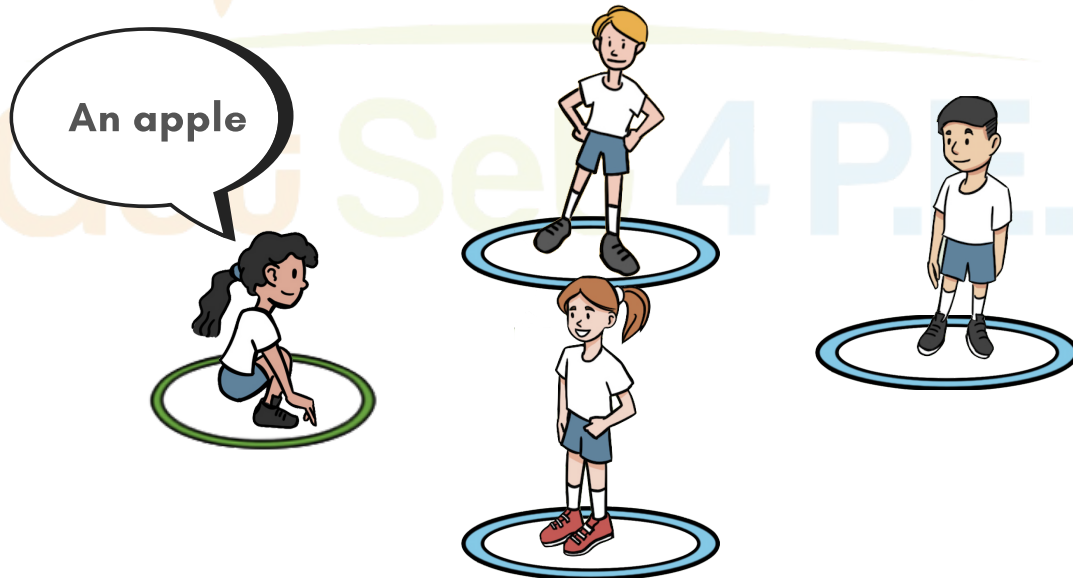
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Shopping list

What you need: 1 hoop per player

How to play:

- Place the hoops in a circle formation with around 3m - 4m between each hoop. Assign one hoop as 'the shop'.
- Pupils begin standing in a hoop.
- Pupils skip in a clockwise formation to the next hoop whilst saying 'I went to the shops and I bought a...'
- The pupil in 'the shop' hoop says an item from the shops e.g. an apple. They also create an action for that item.
- All other players copy.
- Then everyone skips clockwise to the next hoop saying 'I went to the shops and I bought a...' this time all players repeat the first item, followed by the new item added by the pupil now in 'the shop'.
- Keep going for as long as the pupils can remember all of the items.



Considerations / options:

- Make this easier by allowing the pupils to play without adding on the previous items.



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Skipping challenge

What you need: One skipping rope per pupil.

How to play:

- Children begin standing in their own space and have a go at the following challenges.
- **Challenge 1:**
How many consecutive skips can you complete?
- **Challenge 2:**
Can you skip 5 times on your right foot and then 5 times on your left foot?
- **Challenge 3:**
Can you skip with high knees, one foot and then the other?
- **Challenge 4:**
Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.
- **Challenge 5:**
Can you skip backwards?
- **Challenge 6:**
Can you make up your own challenge and then teach everyone else?



Considerations:

- Ensure children are spaced 2m apart.
- Make this easier by completing the jumps without a rope or in a long rope turned by someone else.



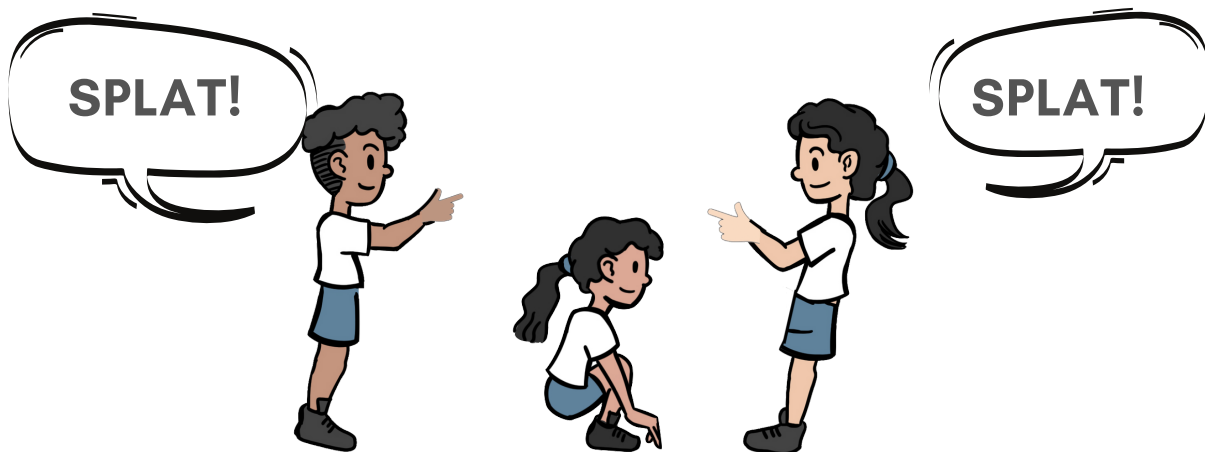
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Splat

What you need: 6 players minimum

How to play:

- Players begin standing in a circle.
- One player begins in the middle of the circle. They are the splatter.
- All players clasp their hands together, leaving their index fingers straight to create their 'splatters'.
- The splatter randomly points to a player and says 'SPLAT'.
- This player ducks and the players either side of the 'ducker' must 'splat' each other by pointing to the other and saying "SPLAT!"
- The last player to do this is out and must sit down.
- The splatter then chooses someone else to point to.
- When only two players remain they stand back to back and take slow steps away from one another until the splatter says...SPLAT.
- The winner is the quickest player to splat the other.



Considerations:

- Ensure children are spaced 2m apart.
- Change the leader each time.



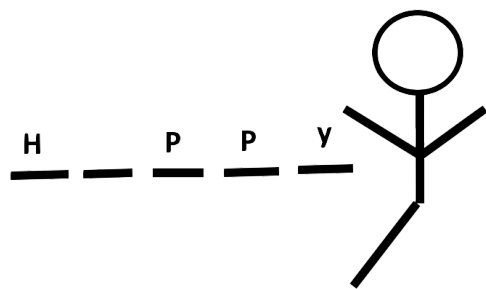
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Stickman

What you need: a cone or chalk or line on the playground per pupil, a pen and a piece of paper.

How to play:

- Pupils stand by a marker 2m apart.
- One person (the word master) chooses a word and draws lines on the paper, one for each letter.
- The pupils take it in turns to guess a letter that could be in the word. If they are correct the word master writes the letter on the correct line.
- If the named letter is not in the word, the word master draws part of a stickman and the player must complete 10 of one of the below exercises.
star jumps / hops / sit ups / jumping twists / press ups
- Can the pupils guess the word before the word master draws a complete stickman?
- NB. stickman to include head, body, two arms and two legs.



Considerations:

- Ensure children are spaced 2m apart.
- It's a team game so give the pupils time to discuss potential words before confirming their guess.



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Straddle ball

What you need: One ball and three or more players

How to play:

- Pupils stand in a circle with their legs apart.
- One person starts with the ball and tries to roll it through someone else's legs.
- Players can use both hands to try to stop the ball and score a point each time they get it through someone's legs.
- First player to 7 points wins!



Considerations / options:

- Make this harder for a player by asking all other players to stand with their legs a little closer together.



Top target

What you need: one ball, four cones, and one target per player. Targets could be cricket wickets or a chalk marking on a wall.

How to play:

- Players place their cones at 1m intervals from their target.
- Players throw their ball to hit their target twice from each cone.
- The first player to do this is the winner.



Considerations / options:

- Play in teams, taking turns to throw at the target.
- Increase the size of the target or decrease the distance between the cones.
- Time how long it takes for pupils to complete the challenge, can they improve on their time?



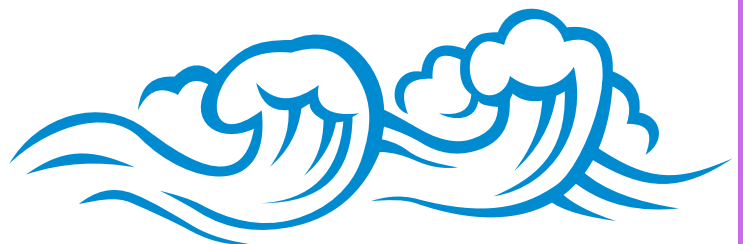
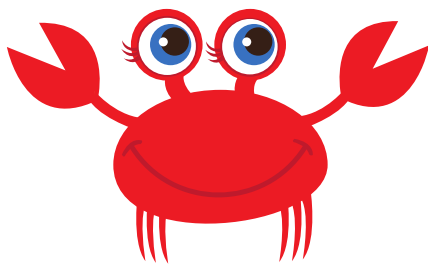
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Under the sea

What you need: wiggly lines drawn in chalk or with skipping ropes.

How to play:

- Draw wiggly lines on the playground like waves in the ocean, one for each pupil.
- Tell the pupils that they are going to explore under the sea. Invite them to suggest different things that they might see under the sea.
- Pupils begin standing on a line (wave). They travel along their wave in the following ways called by the leader:
 - Octopus - bounce up and down, waving your arms by your side
 - Shark - run with your hands on your head like a fin
 - Stingray - glide along the wave with arms out in a wide shape
 - Seahorse - gallop
 - Crab - travel around on hands and feet, tummy up
 - Seaweed - stand on the spot and float arms side to side
- When the leader says "find a new wave" pupils quickly run to find a new line to move on.



Considerations / options:

- Make this easier by including fewer instructions.
- Option to allow the pupils to create the actions for the creatures named.



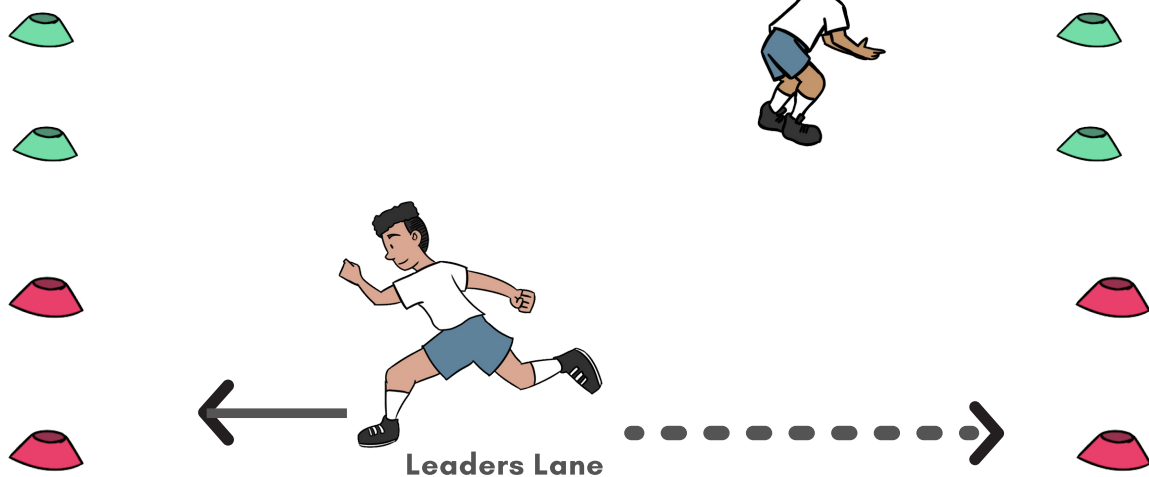
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Which way?

What you need: two lanes, three players minimum.

How to play:

- Create two lanes 8m in length. One lane is called the leaders lane.
- Two players challenge each other in each round. One player in each lane.
- Both players face each other in the centre of the lanes.
- The player in the leaders lane is the 'leader'. They must try to sprint to pass either end of their lane before their opponent.
- The leader can change direction as many times as they like, trying to 'lose' their opponent before the end line.
- Rotate in any other players after each round.



Considerations:

- Ensure there is a 2m gap between the lanes.
- Children waiting need to be 2m apart.
- Make this easier by decreasing the length of the lane.