



Get Set 4 P.E.

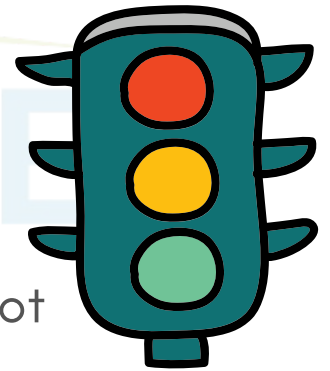
Car park

What you need: a zone for each pupil.

How to play:

- Players work in their own area.
- The leader calls out different instructions for the players to respond to.
- When the leader says 'Car Park' players must quickly sit on the floor to park their car.
- The first player to sit down wins 1 point.
- The first player to 5 points wins the game.

- Green: jog around the teaching space
- Yellow: march high knees
- Red: hold a balance on one foot
- Roundabout: spin around once on the spot
- Speed bumps: jump around the space



Considerations / options:

- Zones need to be 2m apart or play the game on the spot.