

3 minute challenge

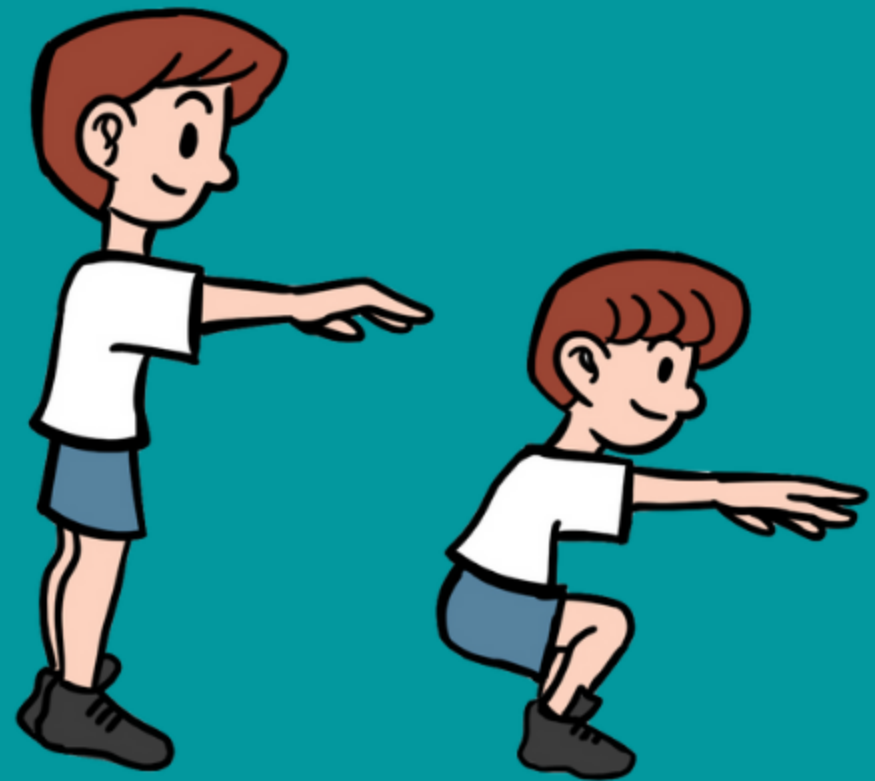


What you need: A little space and a stopwatch or clock.

How to play:

- You have 3 minutes – how many times can you complete this circuit?

- 10 x Star Jumps
- 10 x Burpees
- 10 x Press ups
- 10 x Squats



How many times did you complete the circuit?

6 in a row



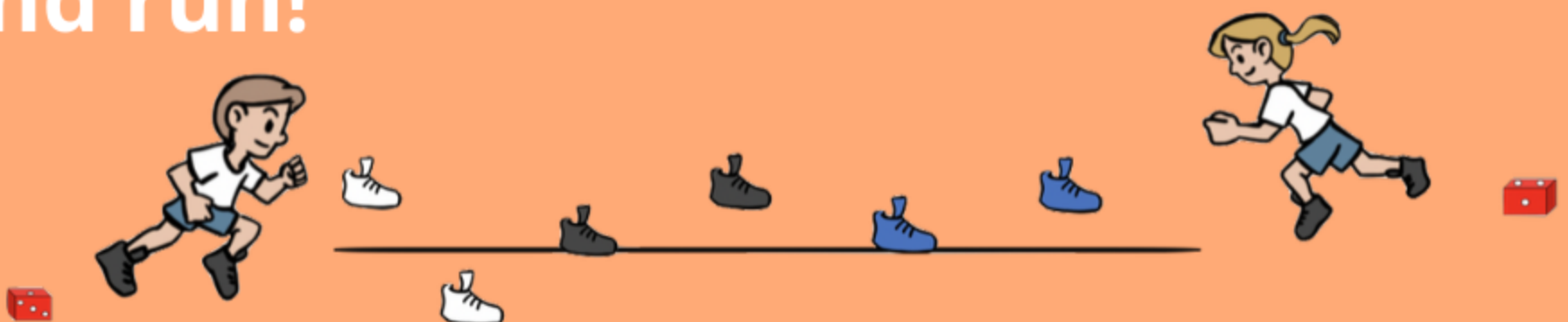
Get Set 4 P.E.

What you need: 6 shoes, two dice, a line marker e.g. dressing gown rope or a line on the floor and two or more players.

How to play:

- Place the 6 shoes in a row on the line.
- The two players begin at opposite ends of the shoes with one dice each.
- The shoes are numbered 1 – 6 from each players end so one players #6 will be their opponents #1 etc.
- Roll the dice and run to the shoe with the corresponding number. Move that shoe to the right side of the line.
- Run back to the dice and roll again.
- The winner is the player to have all 6 shoes on their right of the line, or whomever has the most shoes in 4 minutes.
- Make this easier by playing first to four shoes.

Roll and run!



Print this and give one to your pupils to take home

7 minute workout

What you need: 1 clock or stopwatch

What to do: complete each exercise for 30 seconds:

- Jog on the spot
- Star jumps
- Lunges
- Tuck jumps
- Press ups
- High knees
- Squats
- Plank
- Burpees
- Side plank
- Mountain climbers
- Side plank on the other side
- Sit ups
- Heel flicks



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10-1 workout

Complete the exercises below:



- 10 x Burpees
- 9 x Tuck jumps
- 8 x Lunges
- 7 x Star jumps
- 6 x Press ups
- 5 x Touch your toes and jump up
- 4 x Sit ups
- 3 x Squats
- 2 minute run on the spot
- 1 minute plank

Now have a go at making up your own exercise for 10-1!

10-1 workout

Complete the exercises below:



- 10 x Burpees
- 9 x Tuck jumps
- 8 x Lunges
- 7 x Star jumps
- 6 x Press ups
- 5 x Touch your toes and jump up
- 4 x Sit ups
- 3 x Squats
- 2 minute run on the spot
- 1 minute plank

Now have a go at making up your own exercise for 10-1!



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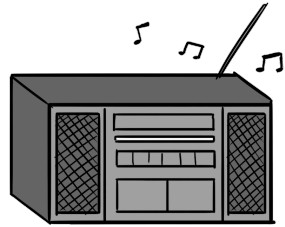


Add it on

What you need: Music

People: 2 or more

Play: Inside



How to play:

- One person shows everyone else a dance move.
- The others copy the move.
- The next person shows everyone a dance move.
- Everyone does the first move and then adds on the next move and so on.

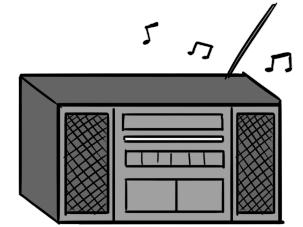


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Air Hockey



What you need: Two players, two towels, three tupperware lids.

How to play:

- Use a flat smooth surface.
- Roll the towels up and place them 1m apart to act as the sides of the table.
- Players remain opposite one another at either end of the table.
- One tupperware lid is used as the 'puck'.
- Players have one tupperware lid each that they can use to stop and push the puck.
- Players score points by pushing the puck past their opponent.

First to 15 wins.



Alphabet scavenger hunt



What you need: One or more players, a piece of paper, a pen and a stopwatch / clock.

How to play:

- Find an object beginning with the letter A, bring it back to your start point and write the word of the item on your sheet.
- Continue for the entire alphabet.
- Playing against someone else? Who can complete the alphabet in the quickest time?

**How quickly can you find
the alphabet?**



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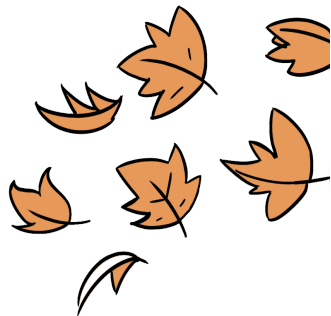


Alphabet walk

Play: Outside

How to play:

- Head out for a walk.
- On the way, try to spot something beginning with the letter 'A', then the letter 'B' and so on until you get to 'Z'.
- Make this easier if there are some letters that are difficult to find by finding something that contains the letter instead of 'starts with the letter...'

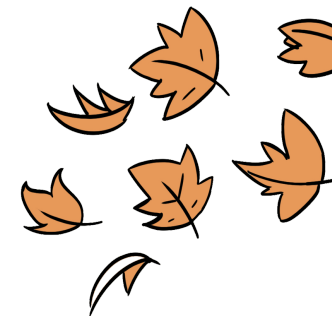


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At a stretch



What you need: Three pieces of paper and a measuring tape (optional).

How to play:

- Begin standing on one piece of paper.

Challenge: How far away from the paper you are standing on, can you place one of the other pieces of paper?

Rules:

- You must remain in contact with the paper you are standing on throughout the challenge.
- You cannot throw or kick any of the paper.
- You cannot touch the floor around you.

Playing against someone else? Who can place the paper furthest away?



Plan, implement and reflect. You have 3 minutes to practice before you measure.

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Balloon volleyball



What you need: 1 balloon

People: 2 or more

Play: Inside or outside

Ways to play:

1. Everyone must be seated. Together, try to see how many times you can volley the balloon to each other.

OR

2. Play 1v1 or 2v2. Create a net, you could use a skipping rope or chairs. Play against each other over the net. If the balloon hits the floor on your side, the other team win a point. If you hit the balloon and it doesn't go over the net, the other team get a point. Each side is allowed up to three touches on their own side of the net before the balloon must go over.



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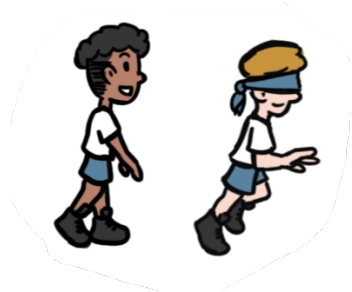


Blindfold obstacle course

What you need: A blindfold which could be a tea towel or jumper.

People: 2 or more

Play: Inside or outside



How to play:

- Create an obstacle course using whatever you can find e.g. cushions, chairs, clothes horse etc.
- One person begins blindfolded and the other person guides them around the obstacle course.

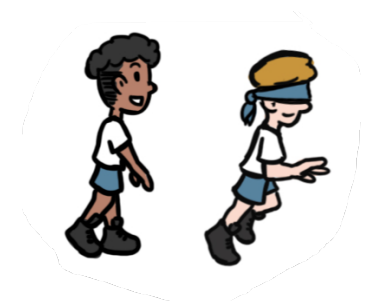


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Bottle skittles

What you need: Plastic bottles and a pair of socks

People: 1 or more

Play: Inside or outside



How to play:

- Use empty plastic bottles as skittles and set them up approx. 5m away.
- Use a pair of socks rolled into a ball and try to hit as many skittles as possible down.

Play with more people by playing against someone else and seeing how many throws it takes to knock all of the skittles over.



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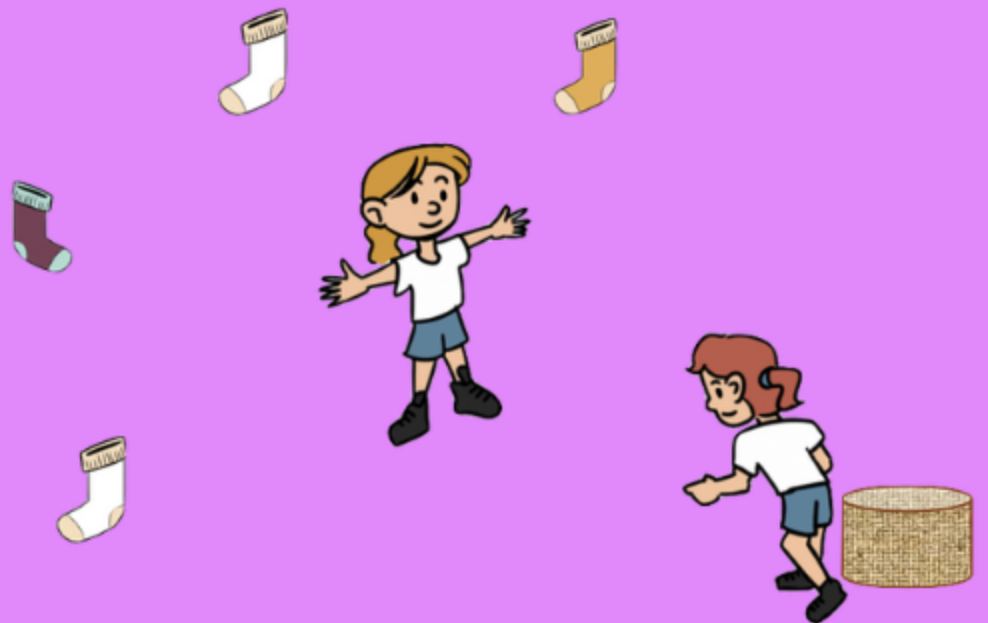
Capture the socks



What you need: A basket, four pairs of rolled up socks and two players.

How to play:

- Place the socks randomly in the playing area.
- One player (the attacker) begins at the basket.
- The defender begins three big steps away.
- The attacker has six attempts to collect a pair of socks and place them into the basket.
- The defender can tag the attacker once they leave the basket and if caught the attacker must return to the basket and start again.



**How many socks
did you get in the basket?**

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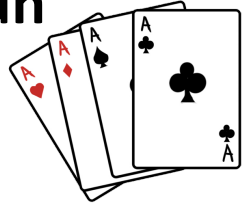
Cards fitness fun

What you need: Pack of cards

People: 1 or more

How to play:

- Assign each suit to an exercise e.g. clubs are sit ups, spades are burpees, hearts are lunges, diamonds are squats.
- Place all cards face down. Choose a card at random. Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.
- If a face card is chosen, run on the spot for 30 seconds.
- Can you complete the pack?



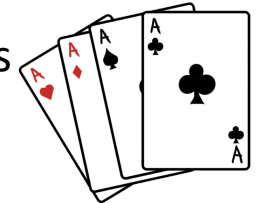
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Cereal box challenge



What you need: an empty cereal box, one or more players.

How to play:

- Place the cereal box on the floor.
- Pick the cereal box up using only your mouth.
- Nothing but your feet can touch the floor.
- If successful tear an inch from the top of the cereal box and play the game again.
- Repeat the challenge, taking an inch from the box each time.
- Top tip: hold onto your leg/s to help you to balance



How low can you go?

Change it



What you need: someone to time, four cushions and three socks.

How to play:

- Place the cushions randomly in a space. Place a sock on three of the four cushions, leaving one cushion empty.
- Time one minute.
- Collect one sock from a cushion and place it on top of the empty cushion. Then collect another sock from another cushion and place it on the new empty cushion. How many socks can you move in one minute?
- Play again, can you improve your score?



**Make this harder
by moving the
cushions further apart.**



Complete the clock



What you need: Twelve markers (these could be tins, shoes etc) and one ball.

How to play:

- Create a circle with the markers. Identify where the numbers would be if it was a clock.
- Kick your ball through each of the gaps.
- Repeat again, this time once through 1 o'clock, twice through 2 o'clock, all the way to twelve times through 12 o'clock.
- Make this harder by asking someone to time you. How quickly you can complete the clock?



Use the inside of your foot to kick the ball.

Connect 4



What you need: a pen, a piece of paper and two players.

How to play:

- Draw a four by four grid on your paper.
- Players complete mini challenges against one another to win the chance to mark their initial on the grid.
- First player to connect four of their initials wins the round.
- Challenges could include:

First to ten star jumps.

Who can do the best impression of a monkey?

Who can hop the furthest?

First to find something green.

First to spell a word.

M		M	M
N	M	N	N
		M	
	N		M

Get creative with your challenges and have fun!

Crabs and scorpions



What you need: Two markers (tins, trainers etc), one player, one person to time.

How to play:

- Mark a 6m distance using two markers.
- Place 10 x socks at the start marker.
- Players must transport the socks one at a time from one marker to the other.

Rules:

They must transport the socks on their stomach on the way there (crab) and travel back on their hands and feet stomach facing down (scorpion).



**How quickly can
you move the socks?**

Cross the swamp



What you need: Some toys and two pillows

How to play:

- Players place their toys 8m away from a start line. This could be in another room if playing indoors.
- Players imagine that the space between the start line and their toys is a swamp.
- To rescue their toys they must use the two pillows to cross the swap and retrieve one toy at a time.
- They cannot touch the swamp. How many toys can they rescue in 4 mins?

**Watch out for
the crocs!**



Dodge the defender

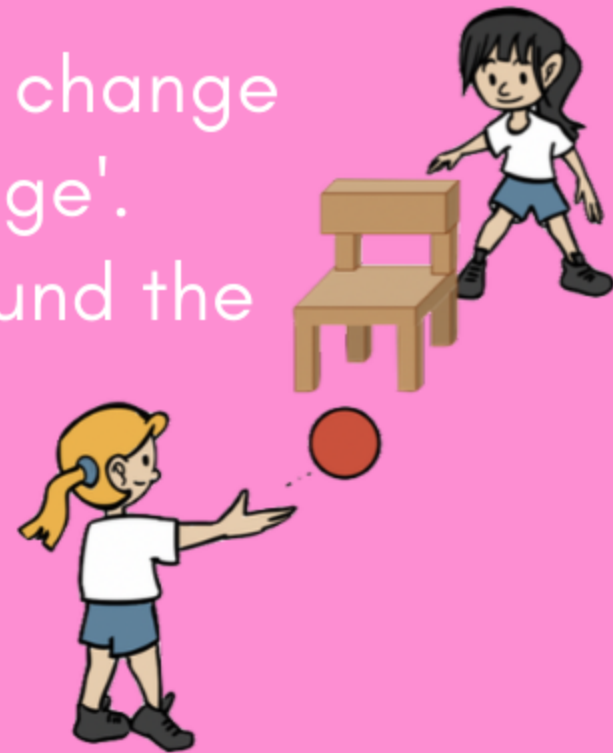


Get Set 4 P.E.

What you need: A chair and a ball or pair of socks, one or two players.

How to play:

- Imagine the chair is a defender that you need to move around. Keep facing forward as you move your feet around the chair. Work for 20 seconds in one direction and then 20 seconds in the other direction. Repeat x 3.
- Move around the chair for 30 seconds, change direction when your partner calls 'change'.
- Add in a ball. Either throw the ball around the chair by yourself and move your feet to collect it or have someone throw the ball to space around the chair for you to collect.
- Work for ten throws then rest and repeat x 4



Take quick small steps to move around the defender.