



Get Set 4 P.E.

# Milkshakes

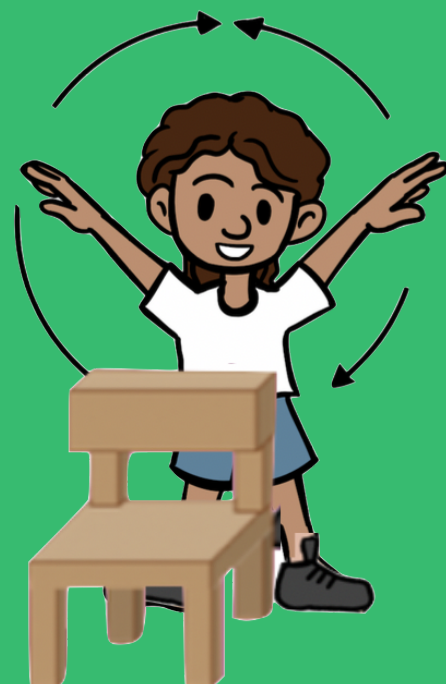
**What you need:** One chair per pupil.

## How to play:

Pupils stay seated and raise their hands in the air. Have them begin by shaking their right hand 10 times, left hand 10 times, right foot 10 times and left foot 10 times.

Then pupils shake as below when teacher says:

- Strawberry milkshake: raise and shake both hands.
- Chocolate milkshake: raise and shake both feet.
- Milkshake dance: stand and dance in a full circle around your chair back to seated.



**Repeat a few times**