



Get Set 4 P.E.

The movement wave

What you need: A little space so tuck your chairs in before you begin.

How to play:

- All pupils stand in a circle.
- One person chooses and performs an action. The person to their right joins in, then the next person etc until the action has been passed around the circle and all pupils are performing the action.
- Then the next pupil chooses an action to be passed around the circle.
- Actions could include hopping, jumping, squats, dancing, arm circles etc.

