



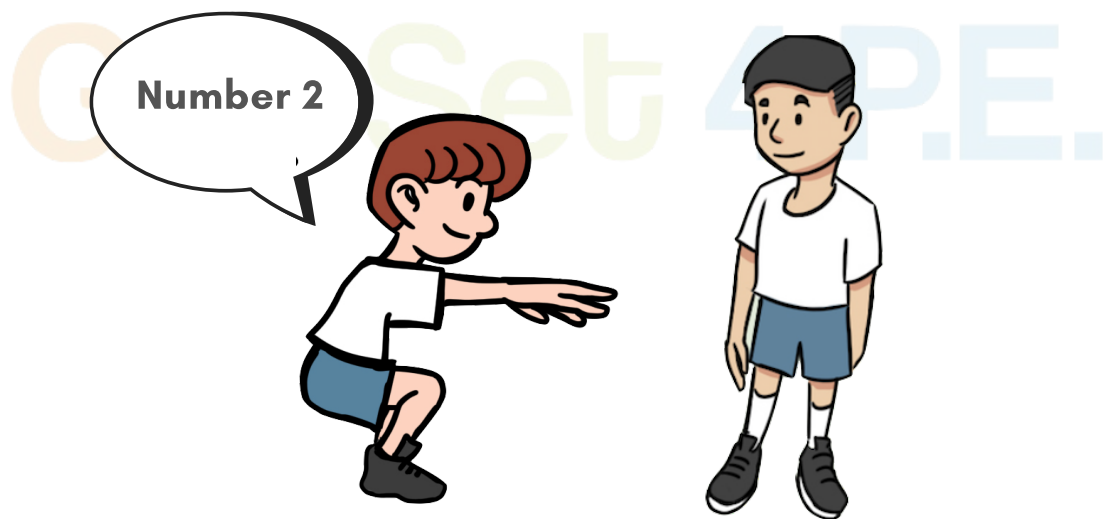
Get Set 4 P.E.

# Count 1, 2, 3

What you need: 2 players minimum

## How to play:

- Pupils begin facing each other.
- Pupil A says #1 , pupil B says #2 , pupil A says #3. They then begin again with pupil B starting with #1 etc.
- After a little while change saying #1 to an action e.g. a jump.
- Once pupils are use to this change #2 to an action e.g. a squat.
- Finally change #3 to an action e.g. a star jump.
- Once all numbers have an action how long can the players keep going without making an error?



## Considerations / options:

- Make this harder by specifying that the children cannot say the number they can only perform the action.