



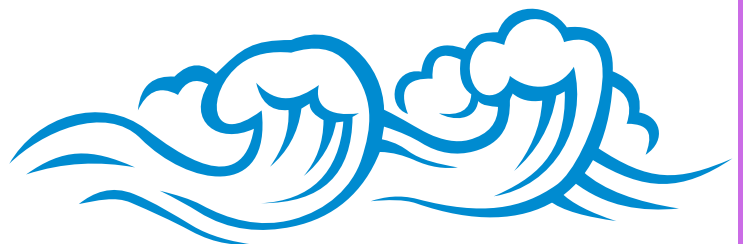
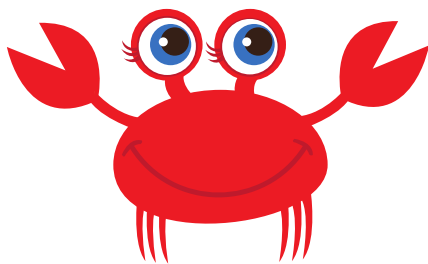
Get Set 4 P.E.

Under the sea

What you need: wiggly lines drawn in chalk or with skipping ropes.

How to play:

- Draw wiggly lines on the playground like waves in the ocean, one for each pupil.
- Tell the pupils that they are going to explore under the sea. Invite them to suggest different things that they might see under the sea.
- Pupils begin standing on a line (wave). They travel along their wave in the following ways called by the leader:
 - Octopus - bounce up and down, waving your arms by your side
 - Shark - run with your hands on your head like a fin
 - Stingray - glide along the wave with arms out in a wide shape
 - Seahorse - gallop
 - Crab - travel around on hands and feet, tummy up
 - Seaweed - stand on the spot and float arms side to side
- When the leader says "find a new wave" pupils quickly run to find a new line to move on.



Considerations / options:

- Make this easier by including fewer instructions.
- Option to allow the pupils to create the actions for the creatures named.