



Get Set 4 P.E.

3 in a row

What you need: one beanbag per player and 6 hoops.

How to play:

- Players begin with one beanbag each.
- Split the players into two teams.
- Place three hoops in front of each team.
- Give the teams time to practise throwing into the hoops then..
- Players take it in turns with their team to throw their beanbag into a hoop. The first team to land a beanbag in each hoop is the winner.



Considerations / options:

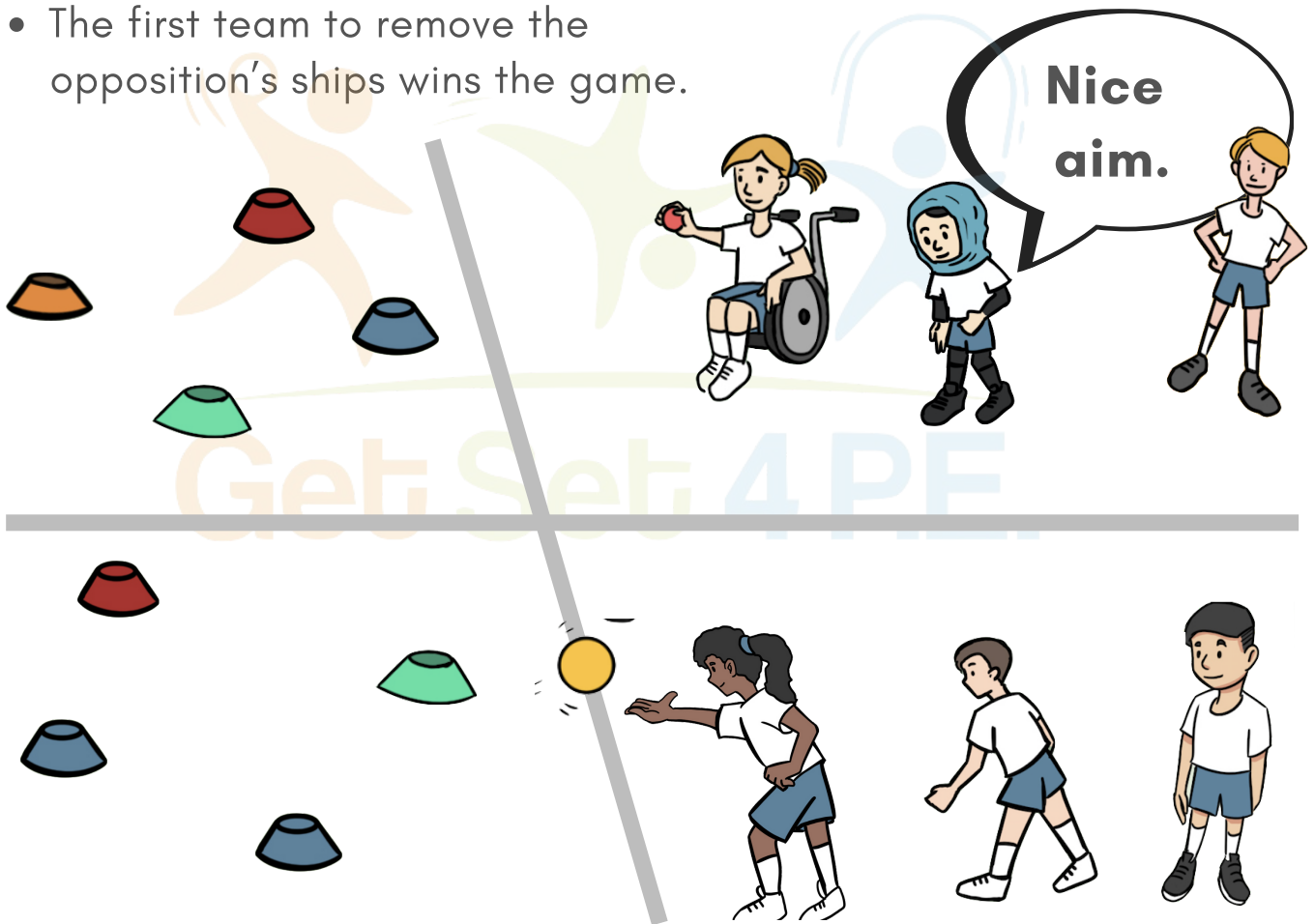
- If you are not using equipment use pebbles instead of beanbags and mark targets with chalk.

Battleships

What you need: One ball per player, 8 cones or chalk

How to play:

- Split the pupils in to two teams.
- Use a line to separate the two teams.
- Each team places four cones (battleships) on their side of the area but no further than 7m away.
- Pupils take turns to roll their ball to hit their opposition's cones. Any cone that is hit is removed until all of the cones are gone.
- The first team to remove the opposition's ships wins the game.



Considerations / options:

- Make this easier by using a bigger ball.
- Make this harder by placing the cones further away.



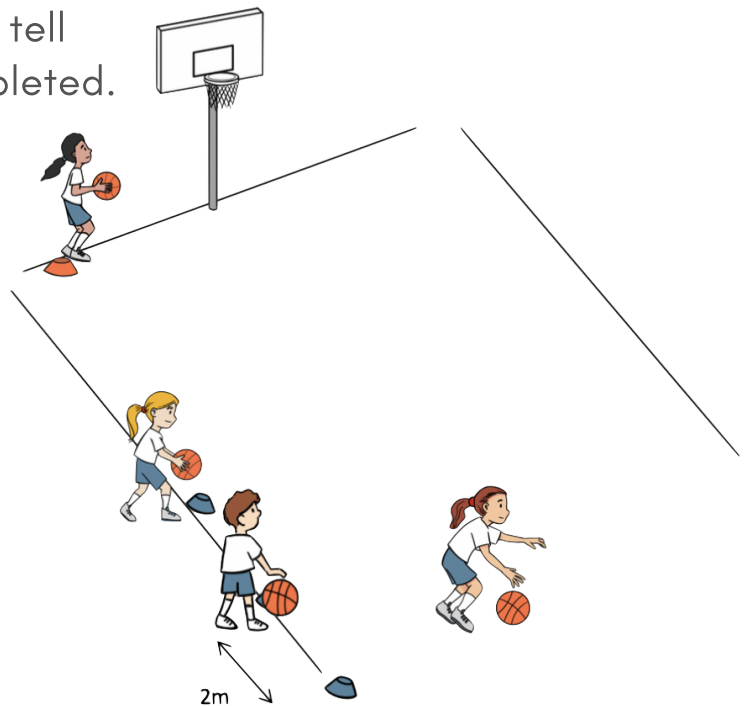
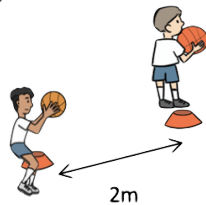
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Beat my score

What you need: a post, one ball and marker per player.

How to play:

- Split the pupils into two teams.
- One team are the shooters and the other team are the runners.
- The shooters take it in turns to shoot at the post. They keep shooting until they collectively reach 5 goals.
- At the same time the runners must dribble a ball one at a time across the width of the court.
- Each time they run across the width and back it counts as one lap.
- When the shooters have reached 5 goals they stop the runners who then tell them how many laps they completed.
- Teams switch over.
- The team who runs the most laps are the winners.



Make this harder for the shooters by increasing the number of goals they must score.

Considerations:

- Ensure children are spaced 2m apart.
- Ensure pupils use their own ball.
- Option to play the game by shooting into a football goal instead of into a post.



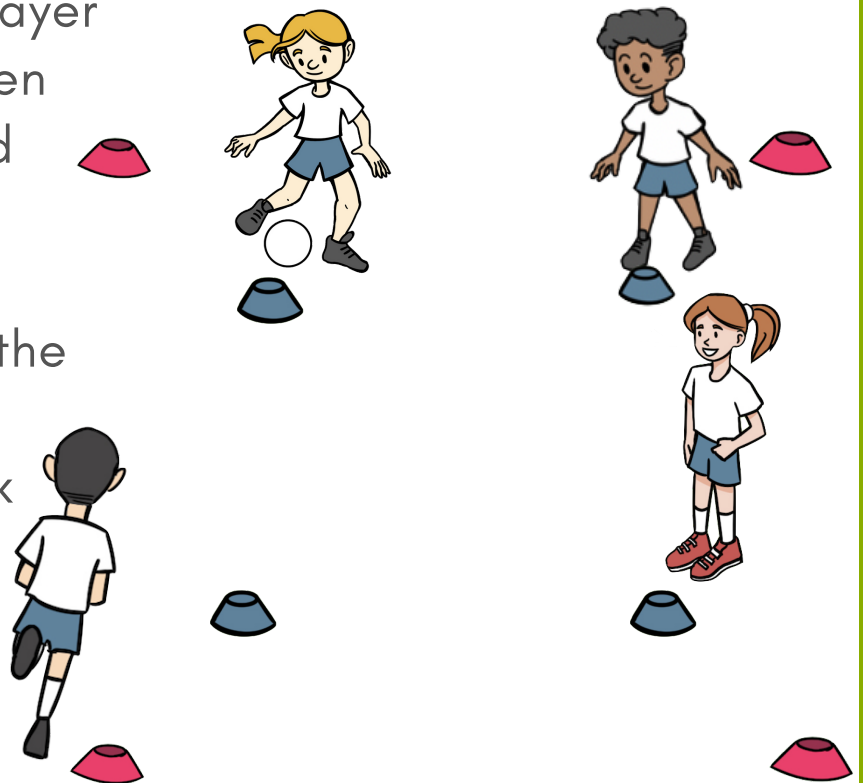
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Beat the ball

What you need: 8 cones and one ball.

How to play:

- Use the cones to create two squares. One inner square and one outer square.
- All players begin standing at a cone on the inner square.
- One player begins with the ball at their feet. They pass the ball to the player on their left and then begin to run around the outer square.
- In the meantime all other players pass the ball to each other trying to get it back to the runner's start cone before the runner.



Considerations:

- Ensure the outer square is 2m away from the inner square.
- Make this harder for the runner by allowing them to run as many times as they like until the ball reaches their cone.



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Boule

What you need: one marker and a beanbag or pebble per player.

How to play:

- Players begin with one beanbag (or pebble) behind a start line.
- Place the marker a set distance from the start line.
- Players take it in turns to throw their beanbag to land as close to the marker as possible.
- The player whose beanbag lands closest to the marker is the winner of that round.
- First player to win 6 rounds is the winner.



Considerations / options:

- Stand players 2m apart.
- Players collect their beanbag one at a time.



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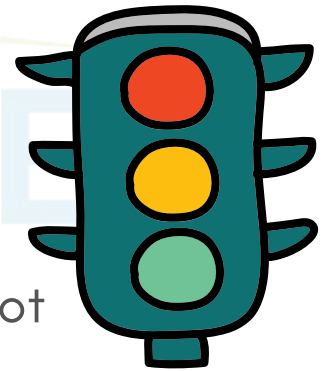
Car park

What you need: a zone for each pupil.

How to play:

- Players work in their own area.
- The leader calls out different instructions for the players to respond to.
- When the leader says 'Car Park' players must quickly sit on the floor to park their car.
- The first player to sit down wins 1 point.
- The first player to 5 points wins the game.

- Green: jog around the teaching space
- Yellow: march high knees
- Red: hold a balance on one foot
- Roundabout: spin around once on the spot
- Speed bumps: jump around the space



Considerations / options:

- Zones need to be 2m apart or play the game on the spot.



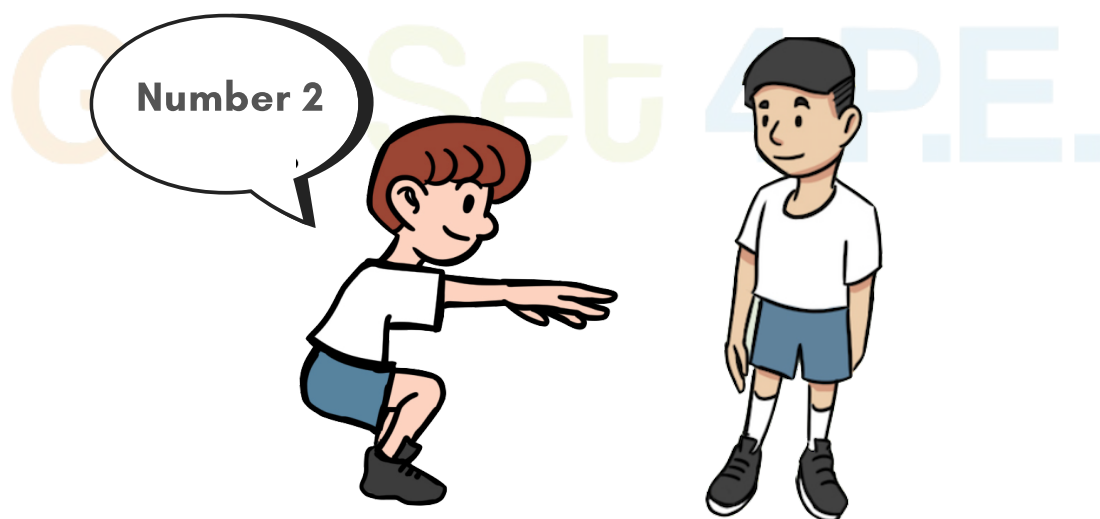
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Count 1, 2, 3

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.



Get Set 4 P.E.

Countdown

What you need: Some space

How to play:

Pupils begin in their own space and complete the following exercises.

- 10 second sprint on the spot
- 9 x star jumps
- 8 x high knees
- 7 x squats
- 6 x sit ups
- 5 x tuck jumps
- 4 x lunges
- 3 x touch the floor and jump high
- 2 x burpees (place hands on the floor, jump feet out backwards and back in, and then jump up)
- 1 minute run

Ask the pupils to create their own actions and complete the activity again.



Keep going.

We can do it.



Considerations / options:

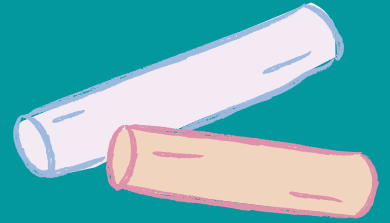
- Allow pupils to rest in between and to go at their own pace.
- Encourage them to support and praise one another.



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Creative me

What you need: chalk



How to play:

- Give the pupils a piece of chalk each. Ask them to create their own activity that all pupils will have a go at completing.
- Allocate each pupil to their own space and give them 5 minutes to create their activity. E.g. this could be a challenge or a pathway in which the pupils need to complete different actions.
- Give the pupils time to show and demonstrate their creation.
- Pupils move around the activities in a carousel type set up.



Considerations / options:

- The activities created need to be suitable for one player.



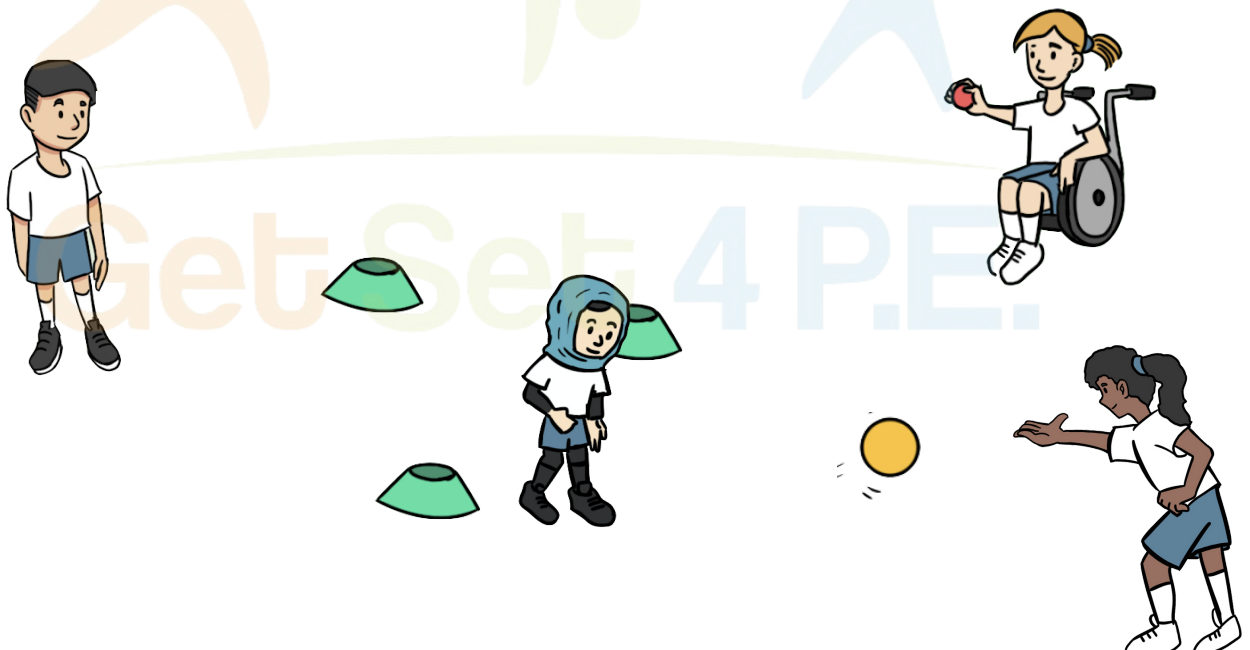
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Defence

What you need: One ball per player, three cones

How to play:

- Three pupils stand in a triangle with a ball each.
- One pupil stands in the middle with three cones that are set up in a triangle formation.
- Each of the outside pupils take turns to try to score a point by rolling the ball to hit a cone.
- The pupil in the middle scores a point every time they stop a ball with their feet.
- Play for a few minutes before rotating roles.



Considerations / options:

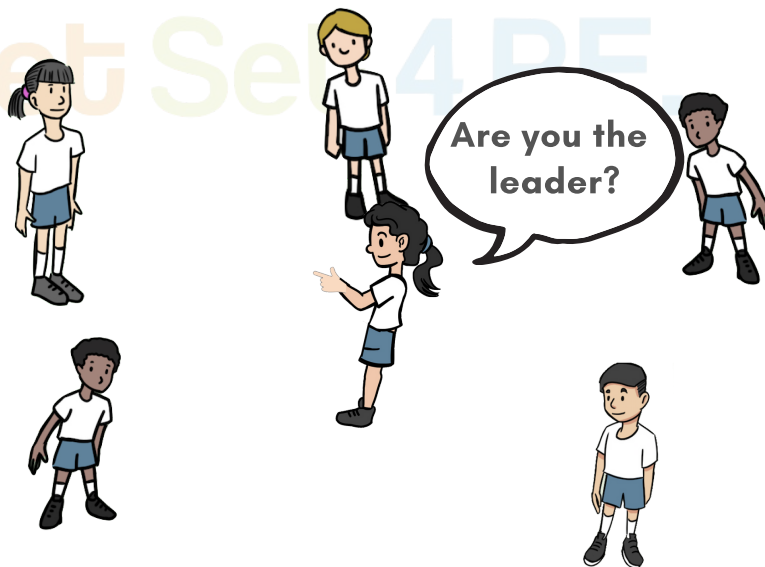
- Make this easier for the pupil in the middle by having less cones.
- Make this harder for the middle player by allowing the pupils to roll in a random order.

Detective

What you need: A smile

How to play:

- One player starts as the detective.
- All other players select one person to be the leader (without the detective knowing).
- Players stand in a circle with the detective in the middle.
- The leader performs an action on the spot that all other players copy. They can continue to change the action until the detective figures out who the leader is.



Considerations / options:

- Make this harder by allowing the detective just three guesses.



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Frogs

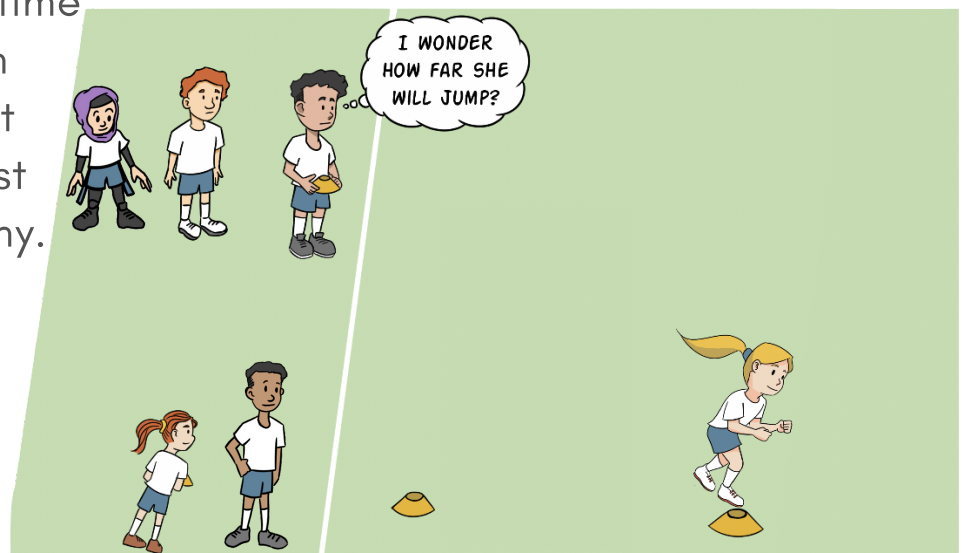
What you need: One cone per player

How to play:

- Split the players into two teams.
- Teams begin standing behind a designated start line.
- Pupils can choose if they want to hop, leap or jump. One pupil from each team jumps and their teammate places the cone where they land.
- The second pupil in the team then jumps. They start their jump from the cone marking their teammate's distance.
- Then the third player jumps.

Which team travelled the furthest?

- After a few attempts change teammates.
- Give the pupils time to discuss which type of jump got them the furthest distance and why.



Considerations / options:

- Make this easier by allowing pupils to have two jumps.



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Heads or tails

What you need: one coin

How to play:

- Pupils stand in their own space.
- The leader calls 'heads or tails'.
- The pupils place their hands on either their head for heads or their hips for tails.
- The leader tosses the coin. All pupils with the correct guess wins one point.
- All the players with the incorrect guess completes an exercise specified by the leader.
- The first player to win 10 coin tosses wins the game.



It's tails. If you got it wrong complete 6 lunges.



I win 1 point.



Considerations:

- Play the game again. This time the pupil who won the game is the leader for the next round.



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Hopscotch

What you need: A hopscotch design or chalk to draw one, one pebble per player.

How to play:

- Draw a hopscotch design on the ground.
- Players begin standing one behind the other with one pebble each.
- The first player throws their pebble to land on square one.
- The player then hops through the squares, skipping the one with their pebble on.
- They pick up the pebble on their way back.
- Then the next person goes.
- The winner is the first person to throw their pebble into each of the ten boxes.



Considerations:

- Ensure children are spaced 2m apart when they are waiting.

How many goals?

What you need: 4 cones, one ball per player

How to play:

- Split the group into two teams.
- Use the cones to create two goals, one for each team.
- The leader calls out a math sum. Once the players have agreed on the answer they race to score the same amount of goals by kicking their ball through their cones.
- The first team to score the correct amount of goals wins a point.
- The first team to 8 points wins the game.



Considerations / options:

- Make this harder by decreasing the size of the goal.



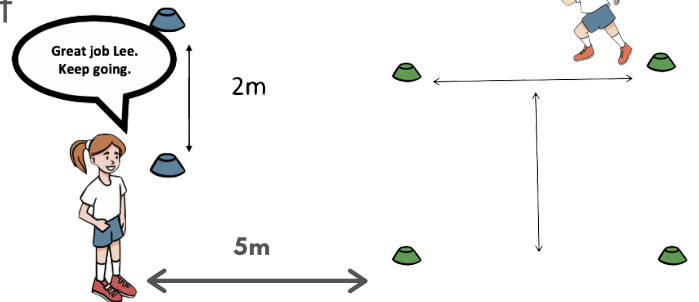
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Letter box

What you need: a cone or chalk or line on the playground per pupil, plus 8 additional markers.

How to play:

- Split the class into two teams.
- Create two 3m x 3m squares (the letter box) out of the markers (one per team).
- Pupils begin 2m apart, 5m away from their letter box.
- The leader calls a word. Teammates confirm the spelling with each other.
- One pupil from each team runs to their letter box and spells out the first letter by running the lines of the letter in their letter box, then sprints back to their team for the next pupil to go to spell out the next letter.
- The first team to spell out the word wins one point.
- The first team to 6 points wins.



Considerations:

- Ensure children are spaced 2m apart.
- It's a team game so encourage the teams to support each other and show good sportsmanship whether they win or lose.



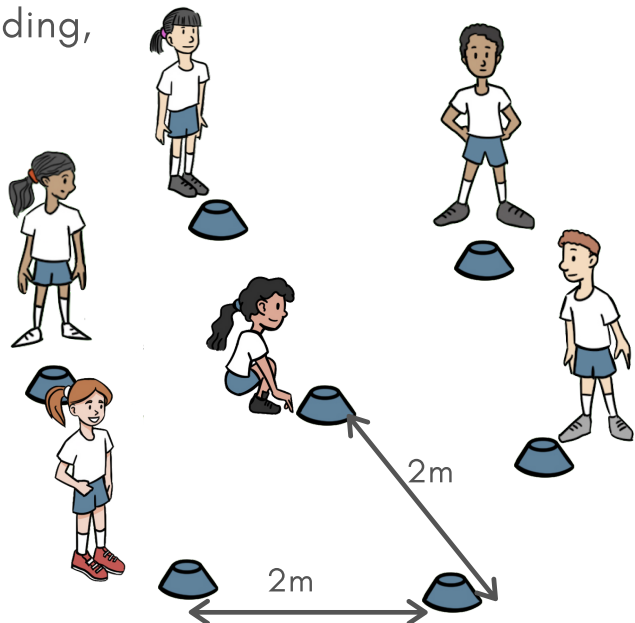
Get Set 4 PE.

Move with me

What you need: a cone or chalk or line on the playground per pupil and one for the centre of the circle.

How to play:

- Pupils stand in a circle formation 2m apart with one marker in the centre of the circle.
- The first pupil moves to the centre of the circle and performs any movement action of their choice.
- All pupils join in the movement for 8 repetitions.
- Then the pupil in the middle moves back to their spot in the circle and another pupil takes their space in the centre.
- Continue around all pupils.
- Once everyone has had a turn leading, the pupils try to add the actions together.
- Can they perform all actions x 8, then 7, 6, 5, 4, 3, 2, 1.
- Can they move in time with each other?



Considerations:

- Ensure children are spaced 2m apart.



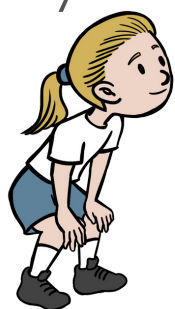
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Quick, pass!

What you need: one ball and two markers.

How to play:

- Place the two markers 5m apart.
- Players take it in turns to be the kicker. All other players are the fielders.
- The kicker begins at a marker with the ball. They kick the ball out into the field of play and begin to score points by running between the markers.
- The fielders must quickly retrieve the ball and make 10 passes between them using their feet. They shout 'STOP' once completed and the kicker stops running.
- Players have three turns as the kicker.



Considerations / options:

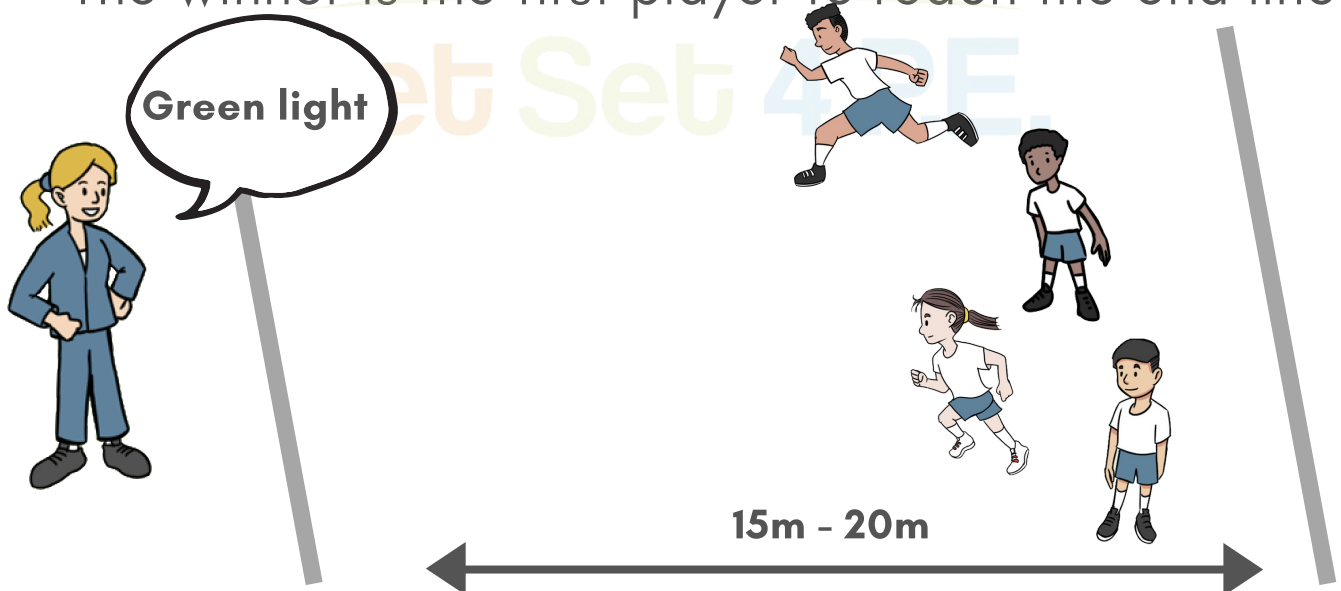
- Make this harder for the kicker by increasing the distance between the cones.

Red light, green light

What you need: A 15m – 20m space

How to play:

- Pupils start behind a designated start line.
- The leader starts at the end line 15m – 20m away.
- When the leader says 'green light' players try to run to the end line. When the leader says 'red light' players must stop.
- Any player that moves on the wrong call or do not stop when red light is called, they return to the start line.
- The winner is the first player to reach the end line.



Considerations / options:

- Make this easier by decreasing the distance.
- Make this harder by holding up a red and a green cone instead of giving a verbal instruction.



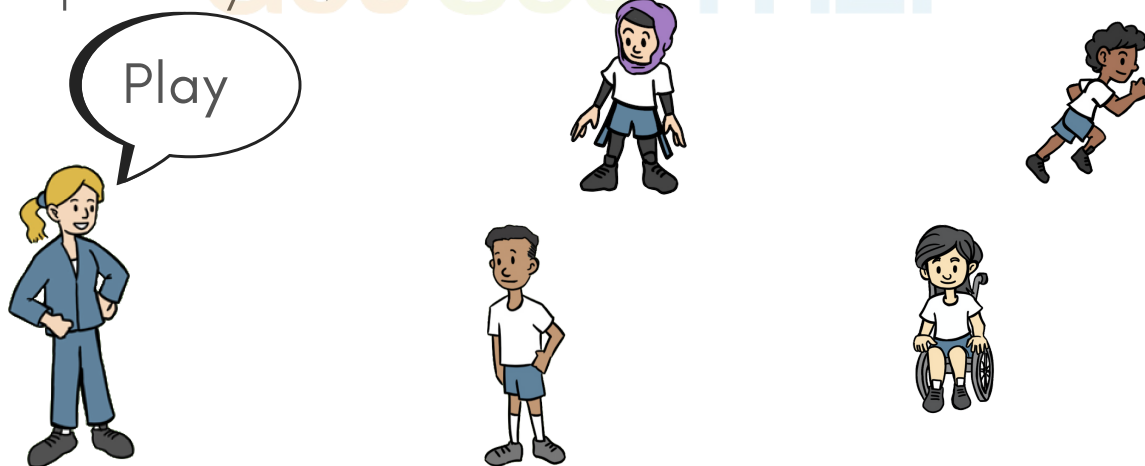
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Remote Control

What you need: Some space

How to play:

- Ask the pupils to stand in their own safe space away from anyone or anything.
 - Ask them to begin by walking around the space showing an awareness of others.
 - Progress to jogging around the teaching space.
 - Then pupils move around the area, responding to the following instructions:
- Play: walk
 - Fast forward: run
 - Rewind: run backwards
 - Pause: jump up and down on the spot
 - Record: select a pupil for everyone else to copy. They can complete any movement of their choice.



Considerations / options:

- Option to have children all running in the same direction or in straight lines to avoid one another.



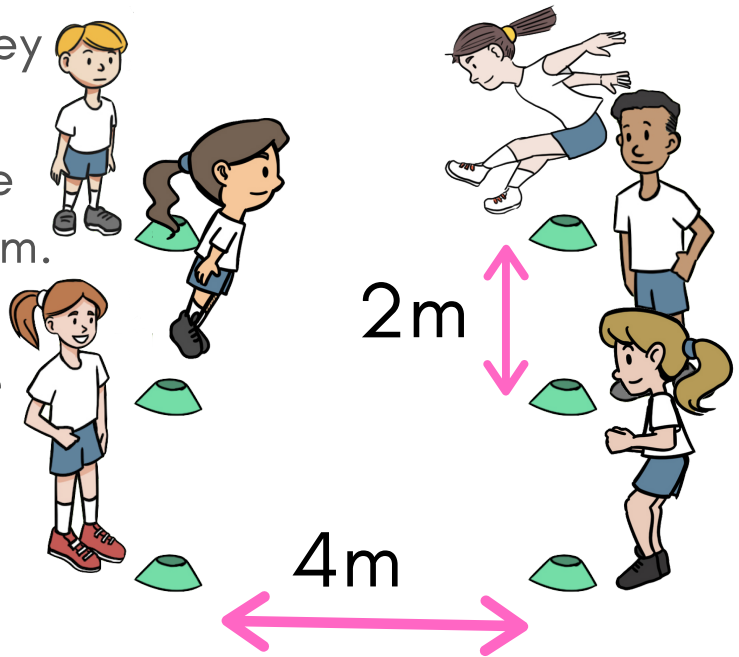
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River bank

What you need: one cone or chalk or line on the playground per player.

How to play:

- Split your group into two even teams.
- Children stand behind their marker on the 'bank'.
- The leader calls 'river' or 'bank'.
- If the leader calls river, all children jump over their cone to land in the river. If they call bank, all children stay where they are.
- Keep calling river or bank and if the children move on the wrong instruction they run around the outside of the playground before joining the opposing team.
- The game ends when all players are on the same team.



How good is your listening?

Considerations:

- Ensure children are spaced out the appropriate distance apart.