

Skipping challenges



What you need: A skipping rope or a dressing gown rope (tie two together if you need to make it longer)

Challenge 1:

How many consecutive skips can you complete?

Challenge 2:

Can you skip 5 times on your right foot and then 5 times on your left foot?

Challenge 3:

Can you skip with high knees, one foot and then the other?

Challenge 4:

Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.

Challenge 5:

Can you skip backwards?

Land on the balls of your feet and keep your knees bent.



Soaked



What you need: two players, one plastic cup each, one marker each, a bucket of water and a massive smile.

How to play:

- Players stand 3m apart each at a marker, with the bucket of water on the floor between them.
- They take it in turns to run around their opponent, scoop up a cup of water on the way back to their marker and throw their water at their opponent.
- Players can duck the water but cannot move from their marker when it is thrown at them.
- The winner is the player who has soaked their partner the most once all the water has gone from the bucket.

Can you fake your throw to catch your opponent out?



Soaky sponges



What you need: two buckets, water and one sponge per player.

How to play:

- Fill one bucket up with water, place the other bucket 7m away.
- Measure the amount of water you start with.
- Playing by yourself? How much water can you transport to the empty bucket using just your sponge?
- More than one player? Have a bucket each, who can transport the most water in 3 minutes?



How will you keep the water in the sponge as you transport it?

Print this and give one to your pupils to take home



Socks in pots!

What you need: 3 pairs of socks and 3 or more pots or pans



How to play:

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.

Play with more people by seeing who can score the most points. The first person to ten points is the



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Spell it out



Get Set 4 P.E.

What you need: Post it notes a pen and a ball or pair of socks

How to play:

- Write a letter of the alphabet on each post it note and stick them to a wall.
- Begin 3m away and throw your ball to hit the letters and spell the following words....SUN, SPRING, FLOWER, RAINBOW
- Then have a go at making your own word.
- Have someone else with you? Can they guess your word?
- Playing against someone else? Who can spell the words in the quickest time?



Point your fingertips in the direction of your target after you have thrown.

Spelling bee



What you need: The alphabet written on individual pieces of paper. An item to be your start marker. One player and one person to choose the words.

How to play:

- Place the alphabet 6m away from the start marker.
- One person calls a word for the player to spell.
- The player must run up and touch each letter to spell the named word. If they spell it wrong they must go back to the start marker and begin again.
- Make this harder by asking the player to complete one star jump for each letter of the word before they start, so for 'smile' the player would need to do 5 x star jumps.
- Make this harder by asking the player to run back to their start marker after each letter they touch.

**How many words
can you spell in 3 minutes?**



Spiders web

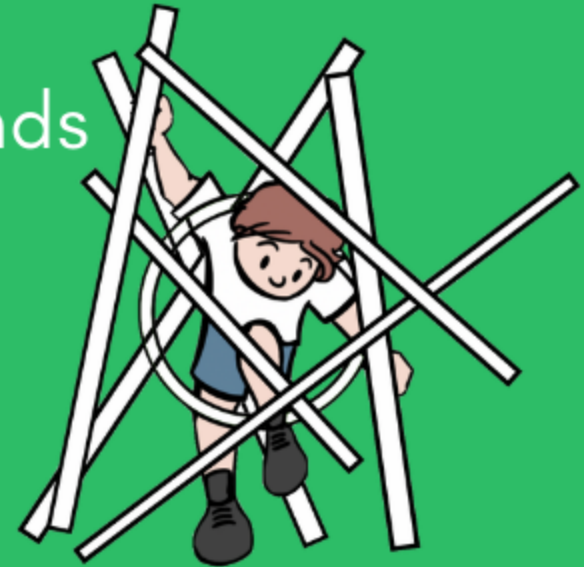


Get Set 4 P.E.

What you need: Masking tape, toilet roll, three objects and a timer.

How to play:

- Using a doorway or hallway create a web by taping toilet roll to the walls in various directions.
- Place three objects on one side of the web and begin on the other.
- Time how long it takes for you to climb through the web and retrieve the items. You can only retrieve one item at a time.
- Make this harder by adding on 5 seconds if you break a sheet of the web.
- Playing by yourself? How quickly can you retrieve the items?
- Playing with someone else?



Who can complete the task in the quickest time?

Make this harder by banning the use of some of the holes in the web.

Squash that balloon

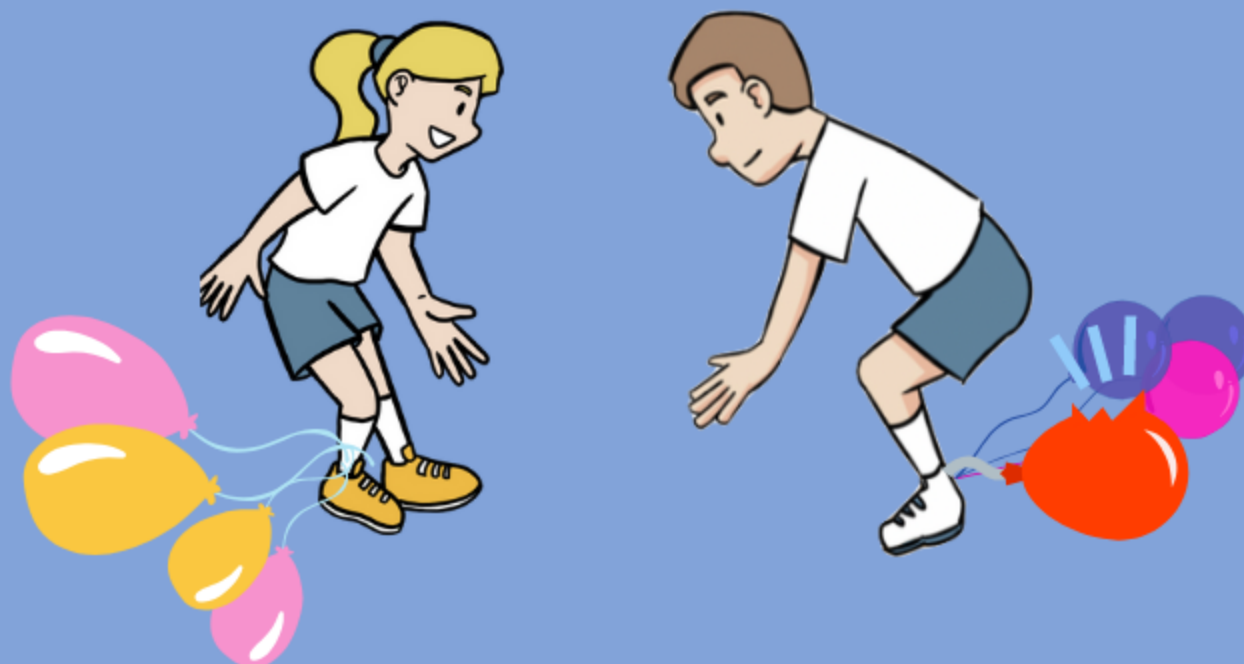


What you need: string, two players minimum and four balloons per player.

How to play:

- Players tie four balloons to their ankles using the string.
- The aim of the game is to burst your partners balloons before they squash yours.
- Top tip: move quickly to avoid being caught.

Keep on moving your feet .



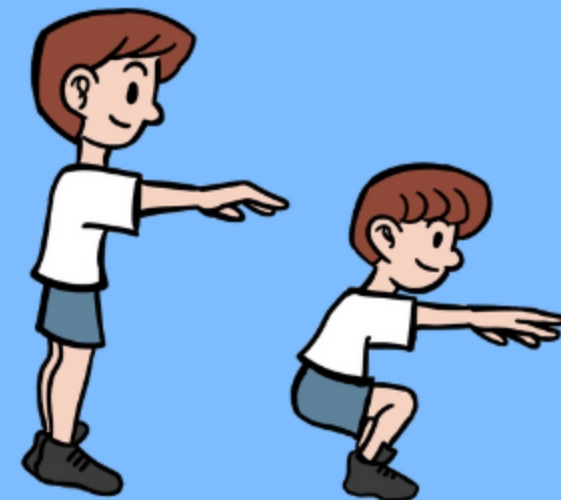
Squat and shoot



What you need: 2 balls or pairs of socks, two pots, two plus players.

How to play:

- Each player has a ball. They begin 3-4 steps away from the pots.
- Players race to throw their ball into one of the pots. First to four successful throws wins the round.
- In between each throw you must complete 10 squats.
- In the next round change the exercise you need to complete in between the throws.



Make this easier by using a bigger pot.

Who won the most rounds?

Stickman



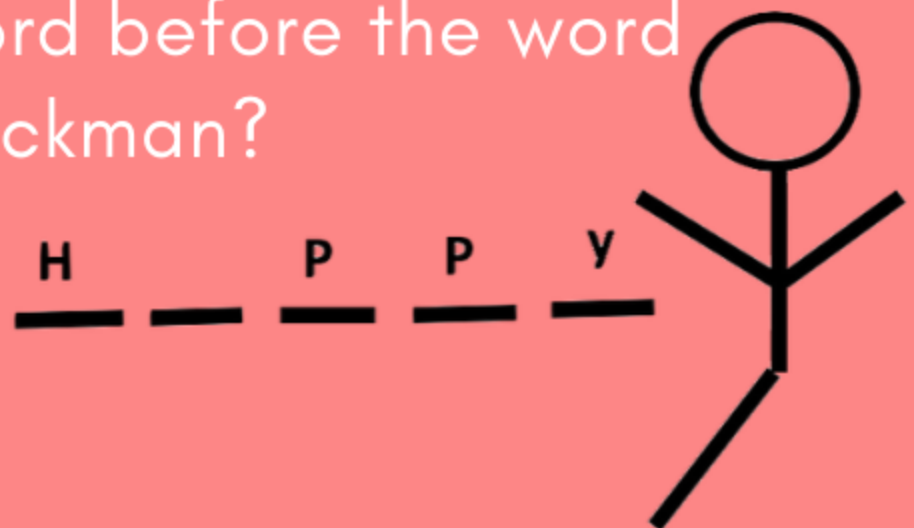
What you need: A pen and piece of paper, one player, one person to choose the words.

How to play:

- One person (the word master) chooses a word and draws lines on the paper, one for each letter.
- The player guesses a letter that could be in the word. If they are correct the word master writes the letter on the correct line.
- If the named letter is not in the word the word master draws part of a stickman and the player must complete 10 of one of the below exercises.

star jumps / hops / sit ups / jumping twists / press ups

- Can the player guess the word before the word master draws a complete stickman?
- NB. stickman to include head, body, two arms and two legs



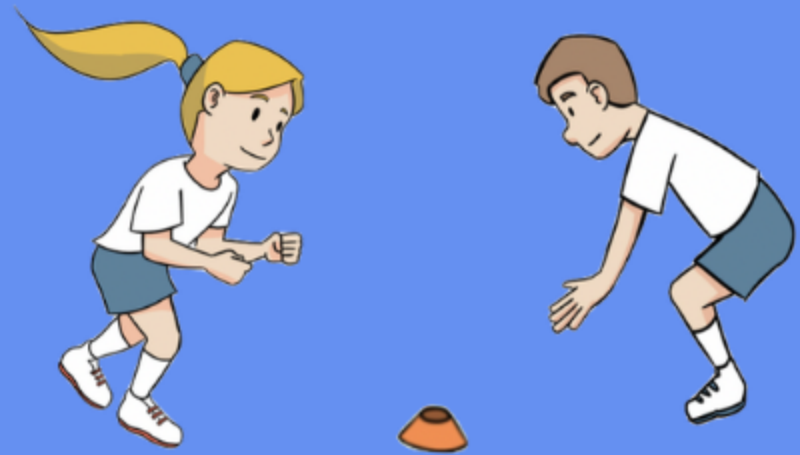
Swipe



What you need: 2 players min, one person to call the instructions and one item to swipe.

How to play:

- Players begin facing each other with the item on the floor in between them.
- Players complete the following actions called by the 'caller' and race to 'swipe' (pick up) the item on the callers command 'swipe', winning one point every time they do so:
 - Jogging on the spot
 - Star jumps
 - Hopping
 - Heel flicks
 - High knees



How quick are your reactions?

Tails



What you need: 2 players min and a pairs of socks per player.

How to play:

- Each player tucks the socks into the back of their trousers to make two tails.
- Players face each other and try to take a sock from their opponent.
- When successful, shout 'TAG'. Play stops whilst the tagger places the additional sock into their trousers.
- The winner for each round is the person who gets all four socks, they get one point for winning the round.

**Who is the first to
5 points?**



Team tie



What you need: one dressing gown rope and two players minimum.

How to play:

- Players take hold of the dressing gown rope.
- As soon as they hold the rope they cannot release or move their hands (like they have glue on them).
- The aim of the game is to see how many knots the players can tie in the rope.
- Make this harder by timing yourself. How quickly can you tie one knot?
- Top tip: plan your strategy before you touch the rope.



**Teamwork makes
the dream work.**

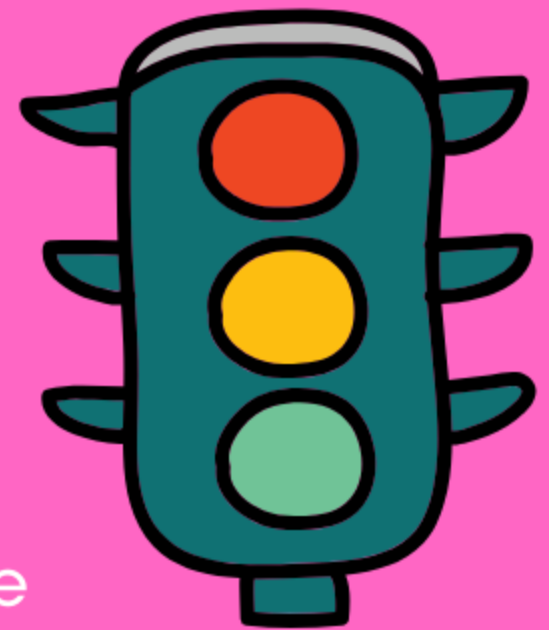
Traffic lights



What you need: an adult to call the instructions.

How to play:

- Children imagine they are getting in their car, putting their seatbelt on and holding their steering wheel.
- They complete the instructions said by the adult e.g.
- Green light: jog around
- Red light: stop
- Yellow light: sit down
- Roundabout: spin in a circle
- Speed bumps: jump up and down
- Zebra crossing: lie in a straight shape
- Reverse: walk backwards



Have a go at making up your own. You could even include different gears for different speeds.

Transporter



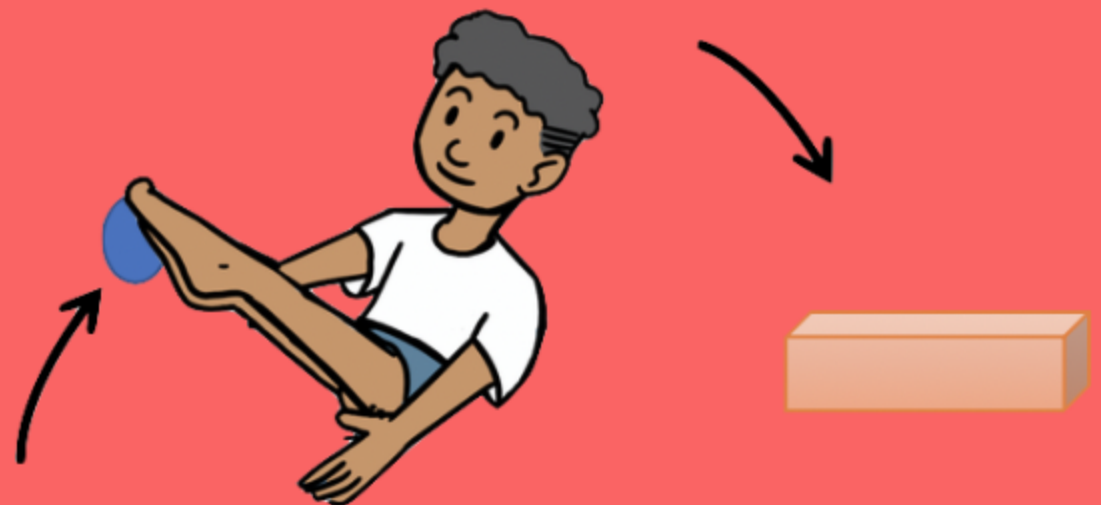
What you need: An empty box, 8 x pairs of rolled up socks, one player, one person to time.

How to play:

- The player begins lying on their back with the box at their head and the socks at their feet.
- They need to transport the rolled up socks, one at a time from their feet to the box behind their head.
- They can only use their feet to transport the socks.

**How quickly
can you**

transport the socks?



Unlock the circle

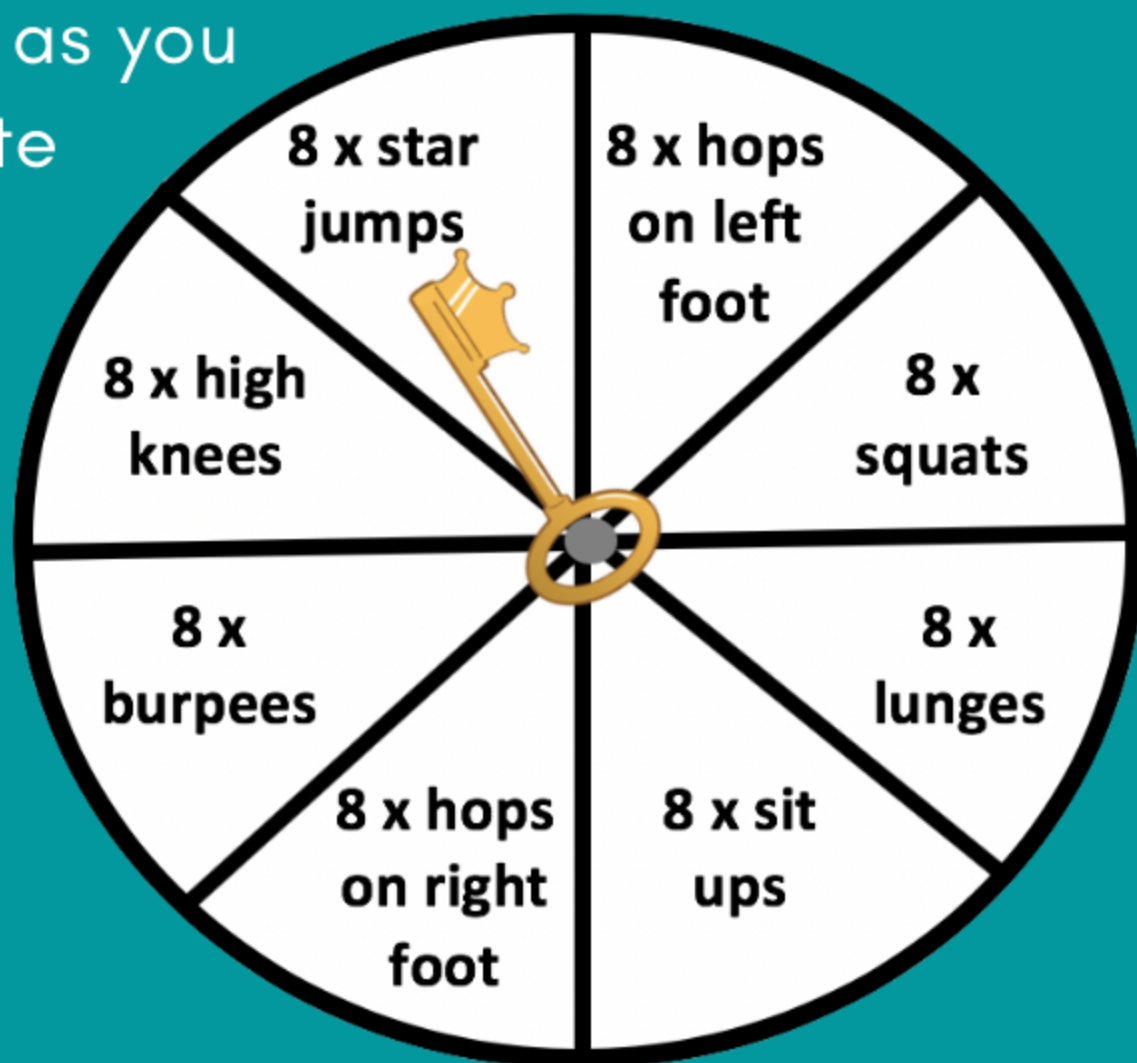


Get Set 4 P.E.

What you need: a piece of paper, a pen and a key

How to play:

- Draw a circle on the paper and divide it into 8 sections.
- Write an exercise in each section.
- Place the key in the centre of the circle and hold it there by placing the pen inside the key hole.
- Keep holding the pen as you spin the key. Complete the exercise that the key lands on.
- Keep going until you complete the circle.
- Make this easier by completing 8 spins.



How many spins will it take you?

Walk the plank

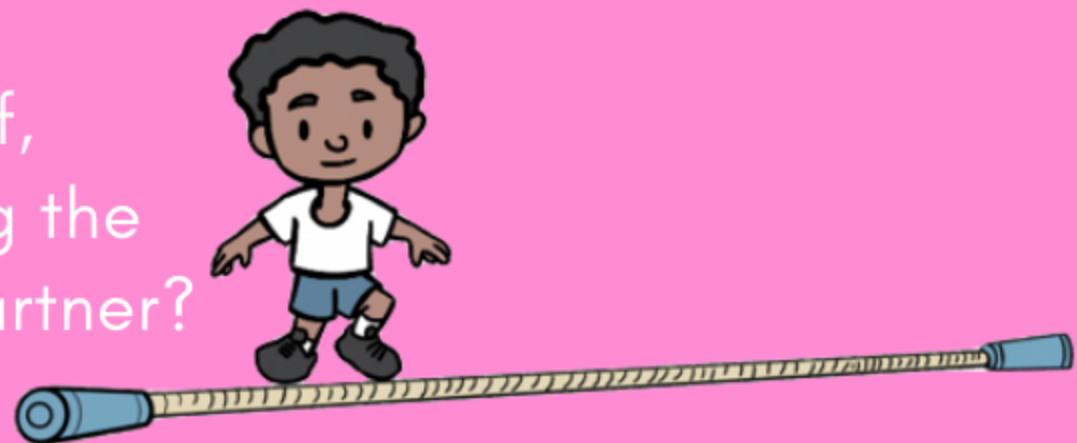


What you need: dressing gown ropes and 2 x balls of socks.

How to play:

Create a path using the dressing gown ropes.

- Challenge 1: Can you walk the plank without touching the floor? Now try walking backwards.
- Challenge 2: Can you walk the plank whilst balancing a ball of socks on your head?
- Challenge 3: Can you walk the plank whilst throwing and catching a ball of socks, to yourself or to and from a partner.
- Challenge 4: Can you walk the plank whilst balancing the ball of socks on your head and throwing and catching with the other pair of socks?
- Challenge 5: Can you walk the plank whilst throwing and catching one pair of socks in one hand to yourself, whilst throwing and catching the other pair of socks with a partner?



What's that word!



What you need: Your house members.

How to play:

- As a household choose three words that are going to be your 'what's that' words for the day e.g. can, you and TV. Choose words that are said quite often in your household to make the game harder!
- Choose appropriate exercises for each member of your household e.g. mum might want to do star jumps, brother might want to do squats etc.
- Every time a 'what's that' word is said, the person who said it must complete 10 of their chosen exercises. Don't forget to remind them by saying:
- Make this harder by increasing the exercises to 15.



Stay alert!

Print this and give one to your pupils to take home



What's the time Mr Wolf?

People: 2 or more

How to play:

- One person begins as 'Mr Wolf' and starts facing away from everyone else approx. 8m away.
- Everyone asks 'What's the time Mr Wolf?' Mr Wolf calls out a time.
- Whatever time is called is the number of steps you are allowed to take towards Mr Wolf.
- If Mr Wolf calls 'dinner time!' then everyone must try to run away from Mr Wolf. Whoever is caught becomes Mr Wolf in the next round.



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