



5 minute

movement challenge

What you need: A little space and a timer.

How to play:

- You have 5 minutes, how many times can you complete this circuit?



- 10 x star jumps
- 5 x lunges on each leg
- 10 x touch your toes and jump

Or choose your own exercises to use.

Keep a steady breath throughout.



Get Set 4 P.E.

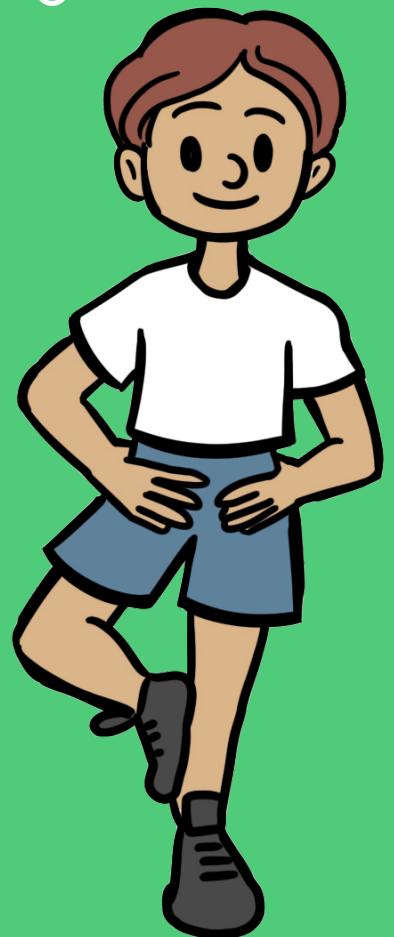
Balance

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

How to play:

- Pupils stand and practise balancing on one foot and then the other foot.
- Hold each for 30 seconds.
- Rest and repeat, this time trying with their eyes shut x 3 on each foot.
- Explore standing on one foot and reaching to the floor.

Top tip: squeeze your abdominal muscles and focus on something still to balance.





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Chair workout

What you need: One chair per pupil.

How to play:

Pupils move their chairs back from their table and complete the following exercises.

- **Squats** : sit on chair and stand x 20
- **Leg extensions** : Place ankles together, hold onto the sides of the chair. Raise your feet to 180 degrees. Bend and straighten your legs x 20
- **Lunges** : Stand and hold on to the back of the chair. Lunge by stepping backwards alternating feet x 20



Repeat



Connect 4

What you need: a 4 x 4 grid and the class split into two teams.

How to play:

- Draw a four by four grid on the board.
- Split the class into two teams.
- Select a captain for each team.
- Teams complete mini challenges against one another to win the chance to mark their captains initial on the grid.
- First team to connect four initials wins the game.
- Challenges could include:

First to ten star jumps.

Who can do the best impression of a monkey?

First to have all team members change seats.

First to complete a Mexican wave.

First to spell a word.

**Get creative with
your challenges
and have fun!**

M		M	M
N	M	N	N
		M	
	N		M



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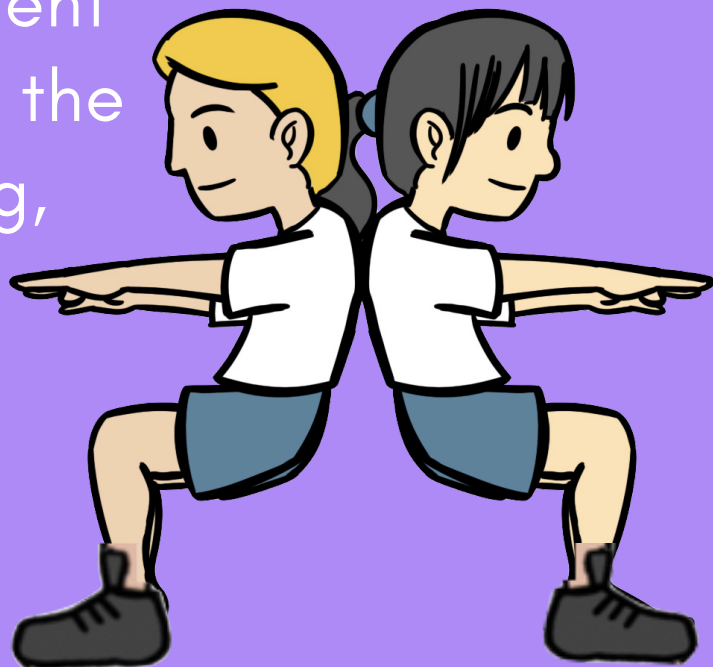
Connected

What you need:

A clear space in the middle of the room.

How to play:

- Pupils move around the space. When the teacher calls a body part pupils quickly find a partner and connect those body parts together.
- Make this harder by saying a number before the body part e.g. three backs means three pupils will need to connect their backs.
- Change the movement actions in between the rounds e.g. hopping, jogging etc.





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Down from 10, up from 5

What you need: a little space and a lot of perseverance.

How to play:

- Complete 10 burpees, then 5 star jumps.
- Then go down by 1 burpee each time and up by 5 star jumps until you get to 0 burpees and 50 star jumps.
- Round 1: 10 burpees, 5 star jumps
- Round 2: 9 burpees, 10 star jumps
- Round 3: 8 burpees, 15 star jumps
- Round 5: 7 burpees, 20 star jumps
- Round 6: 6 burpees, 25 star jumps etc.....



Make this easier by choosing your own exercises.



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Guess the number

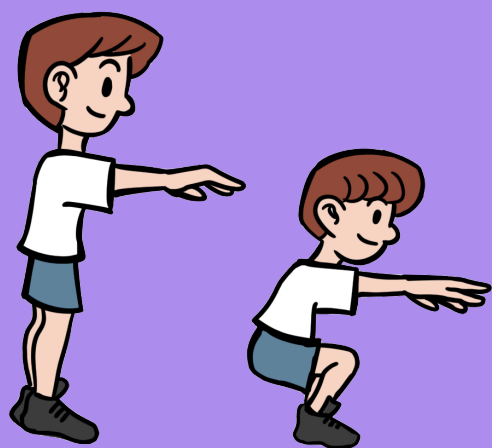
What you need: A clear space so tuck your chairs in before you begin.

How to play:

- The teacher selects one pupil to stand at the front with their back to the board.
- The teacher writes a number on the board and the pupil at the front guesses what it is.
- All other pupils help to let the person know if they need to guess higher or lower by performing the following:

Star jumps to guess higher

Squats to guess lower



Make this easier by telling the pupils it will be a number between 0 - 20

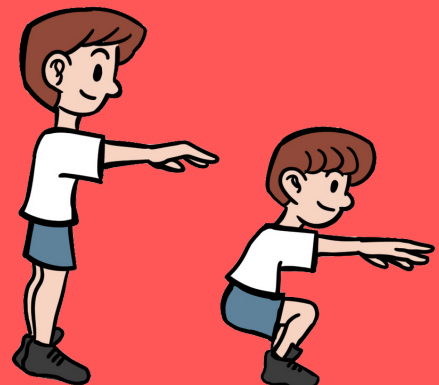
Heads or tails

What you need: a coin.

How to play:

- Select one pupil to choose each time if they want the class to be heads or tails.
- Teacher tosses the coin and if it lands on the side the class called they gain 1 point.
- If the coin toss does not land on the side they called the class must complete 10 squats.
- The game is complete once the class have won 10 coin tosses.
- Option to change the exercise each time.

**Are you
feeling lucky?**





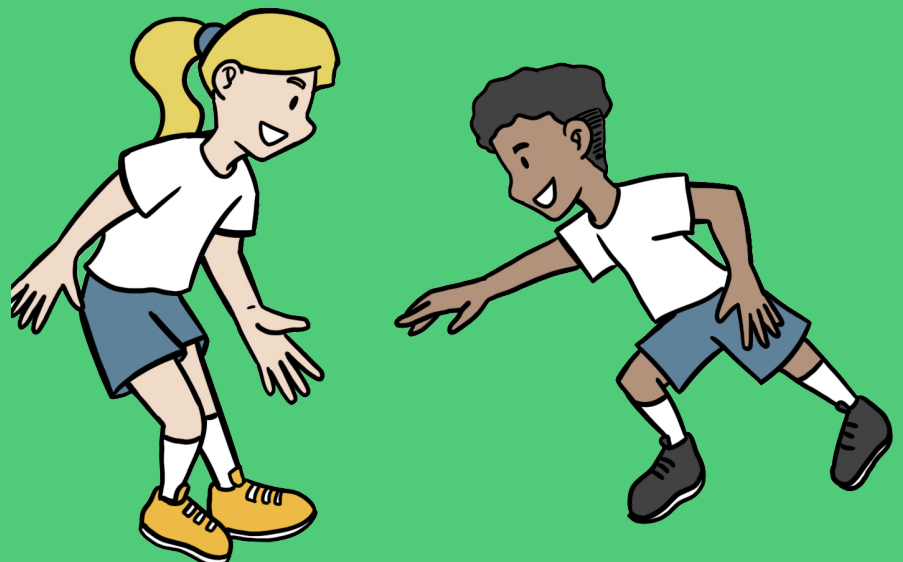
Knee boxing

What you need: A little space.

How to play:

- Pupils work in pairs and begin facing each other.
- Players score one point every time they touch their partners' knee.
- When a point is score both players must stand up straight, agree the score and start again.
- First to 8 tags wins the game.
- Then find a new partner to play.

Top tip: bend your knees and keep your feet shoulder width apart.





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One minute stations

What you need: A little space and a timer.

How to play:

Create four stations in the classroom. Split the class into four groups. Each group completes the below activities for 1 minute before moving on to the next station. Teacher times the 1 minute.



Station 1: Star jumps

Station 2: Squats

Station 3: Lunges

Station 4: Sit ups



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Pass it on

What you need: A ball.

How to play:

- Ask the pupils to begin standing behind their desk.
- The teacher passes the ball to someone in the class who then passes the ball to someone else.
- Once a pupil has thrown the ball they must stay standing and hold their arms in the air.
- Play until everyone is standing with their hands in the air.

**How quickly
can your class
pass it on?**





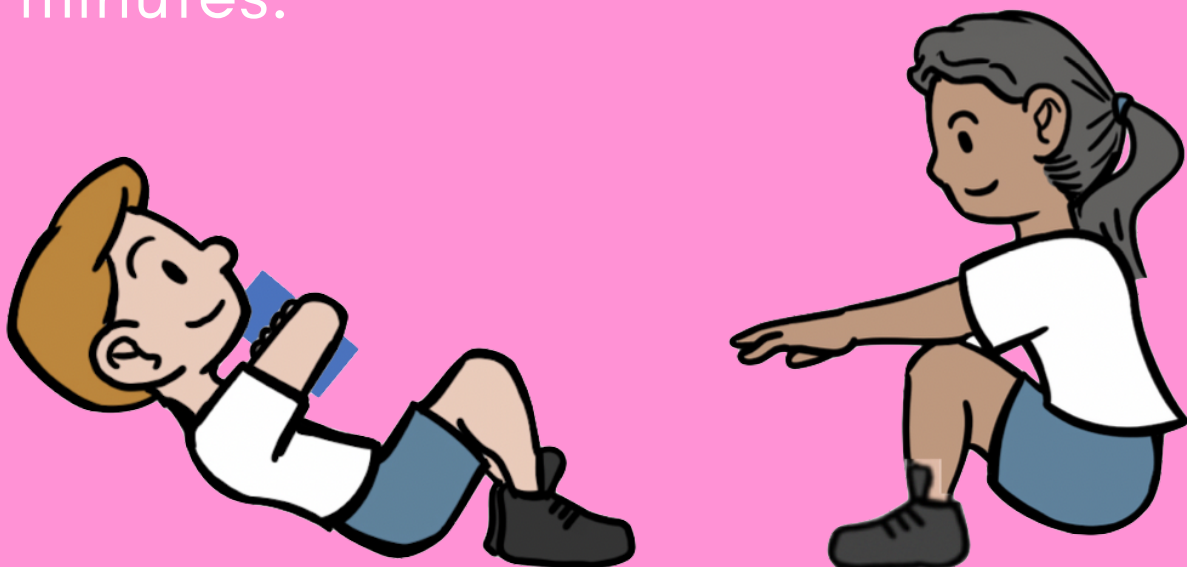
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Pass the book

What you need: A little space and one book between two.

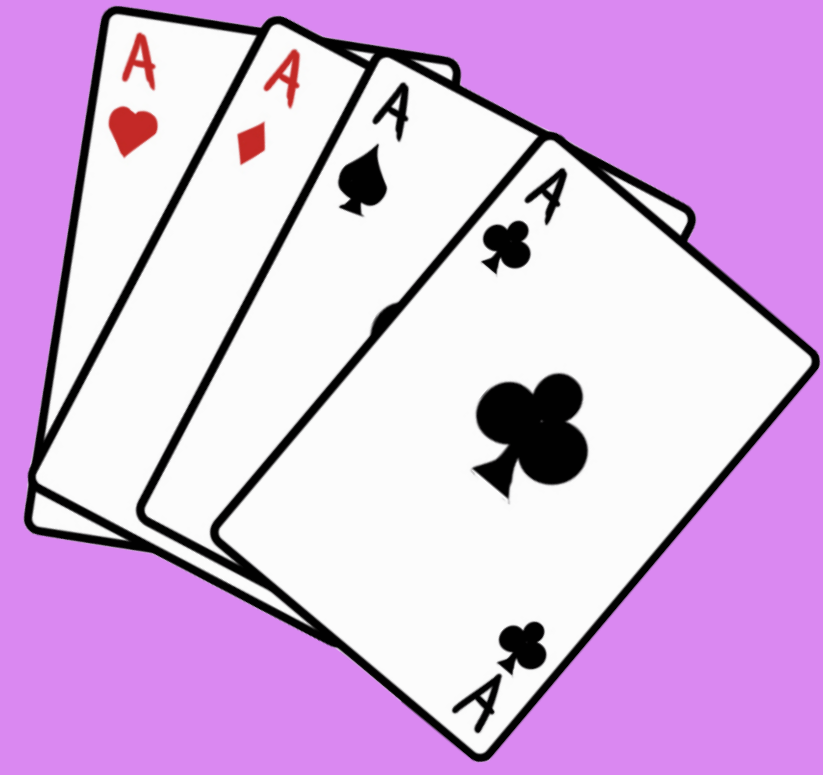
How to play:

- Pupils sit on the floor opposite a partner.
- One pupil begins with the book, they complete a sit up and pass the book onto their partner.
- Pupils repeat this action, sit up and pass as many times as they can in two minutes.





Get Set 4 P.E.



Play the deck

What you need: A pack of cards

How to play:

- Assign each suit to an exercise e.g.
- clubs are sit-ups, spades are star jumps,
- hearts are lunges, diamonds are squats.
- Place all cards face down and take
- turns to choose a card from the deck.
- Complete the number of each exercise
- for the suit e.g. 10 of diamonds would
- be 10 squats.
- If a face card is chosen, run on the spot
- for 30 seconds.

How many cards can you complete?



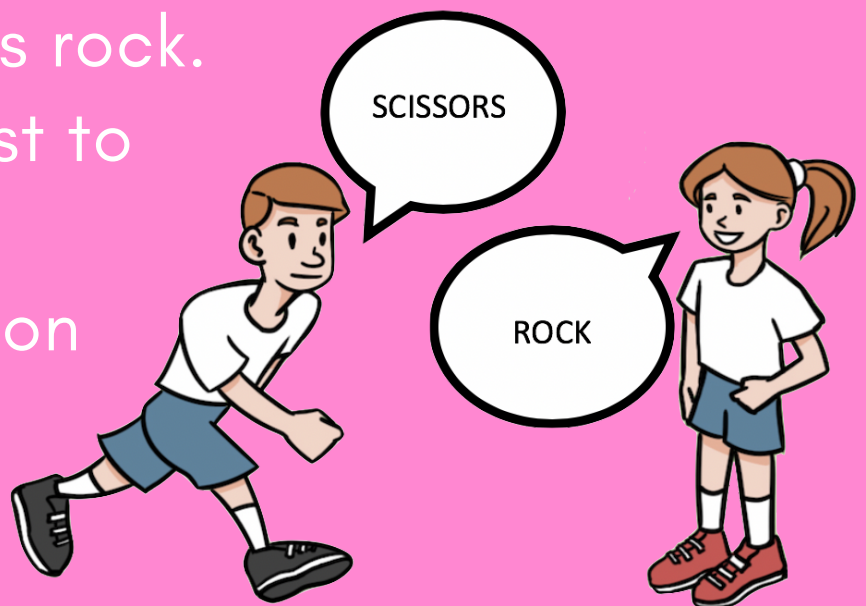
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Rock, Paper, Scissors

What you need: One other person.

How to play:

- Face each other and jump on the spot three times before jumping on the fourth jump either with your feet landing together to represent 'rock', land with your feet straddled wide to represent 'paper', or land with your feet one forwards and one back to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.
- Winner is the first to three.
- Find a new person to play .



Who is the winner in your classroom?



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Speed bounce

What you need:

One cone between two.

How to play:

- Pupils work with a partner. One pupil jumps and the other person counts.
- Time the pupils for 30 seconds.
- How many times can they jump over their cone?
- Keep your feet together as you jump.
- Play the game twice, can they match or beat their first score?





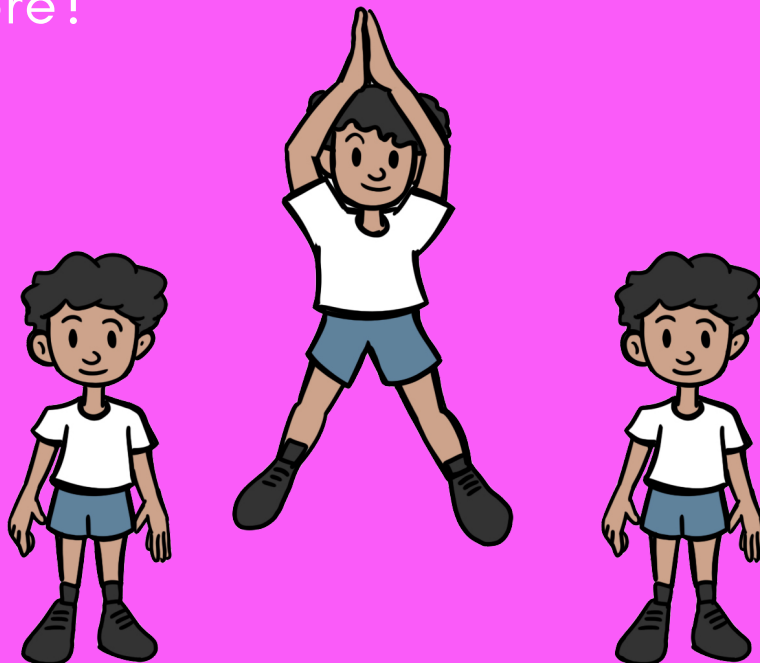
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Star jump challenge

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

How to play:

- Pupils work with a partner. One jumps whilst the other counts.
- The teacher times the pupils for 1 minute.
- How many star jumps can they complete in this time?
- Change over.
- Repeat the activity twice. Can they beat their first score?





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Stickman

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

How to play:

- The teacher chooses a word and draws lines on the whiteboard, one for each letter.
- Select pupils to guess a letter that could be in the word. If they are correct the teacher writes the letter on the correct line.
- If the named letter is not in the word the teacher draws part of a stickman and the pupils must all complete 10 of one of the below exercises.
star jumps / hops / sit ups / jumping twists /
press ups
- Can the class guess the word before the teacher draws a complete stickman?

NB. stickman to include head, body,
two arms and two legs

H _ _ P P Y



Lean on me

What you need: A clear space.

How to play:

- Pupils work in pairs.
- They begin sitting on the floor, back to back with their arms inter locked.
- Can they stand up without putting their hands on the floor?
- Can they sit down without putting their hands on the floor?

How many times can they sit and stand in this way in one minute?

