



Get Set 4 P.E.

1, 2, 3, 4

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

How to play:

- Walk around the space in the classroom.
- Listen out for the numbers called by the teacher and complete the corresponding actions.
- Continue walking when you have completed the action.



#1 = 1 x touch your toes and jump

#2 = 2 x lunges, 1 on each leg

#3 = 3 x star jumps

#4 = high knees

After a little while change the travelling action from walking to hopping.



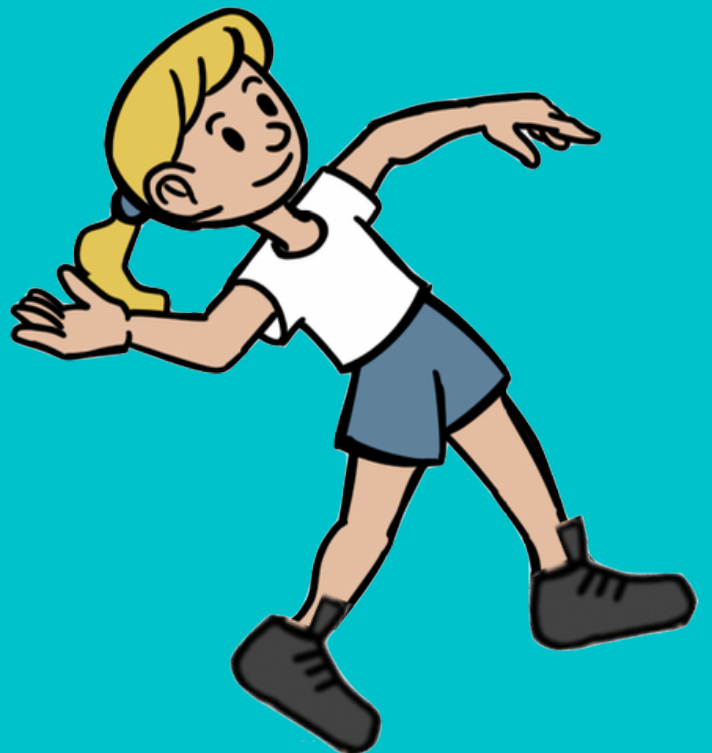
Get Set 4 P.E.

Act it out

What you need: A clear space so tuck your chairs in before you begin, a classroom book.

How to play:

- The teacher reads a page of a book.
- Every time an action verb comes up, the pupils act it out.





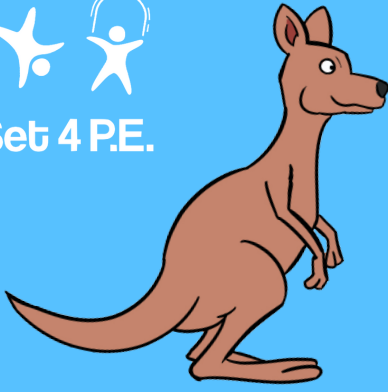
All aboard the ship

How to play:

Teach the pupils the following actions. Then call them out at random for the children to copy.

- Scrub the deck: children bend down and pretend to scrub the deck.
- Captains coming: children salute and say 'Aye Aye Captain'.
- Climb the rigging: children pretend to climb a rope ladder.
- Walk the plank: children walk in a perfectly straight line. Hold your arms out to help you.
- Submarine: children lie on the floor with one foot in the air.
- Sharks: children swim around the teaching space holding their hand on their head like a sharks fin. Look for your own space when travelling around.

For added fun play the all aboard music track



Animal walk

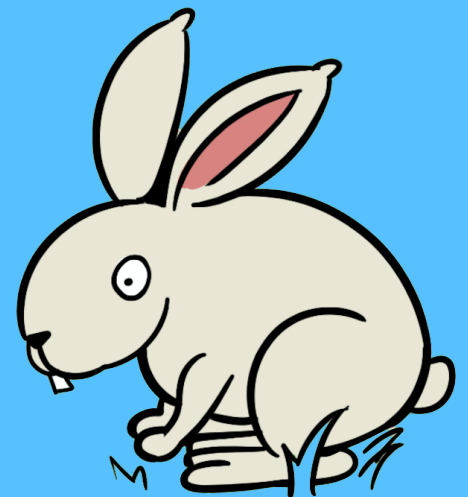
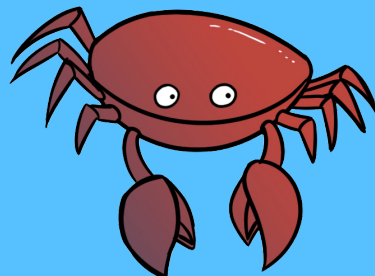
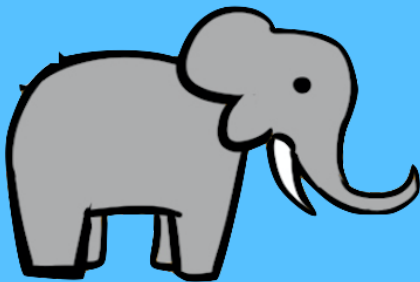
What you need: A little space so tuck your chairs in before you begin.

How to play:



Ask one pupil to suggest an animal. All pupils travel around the classroom like that animal.

Invite another five pupils to suggest different animals, travelling like each of them.





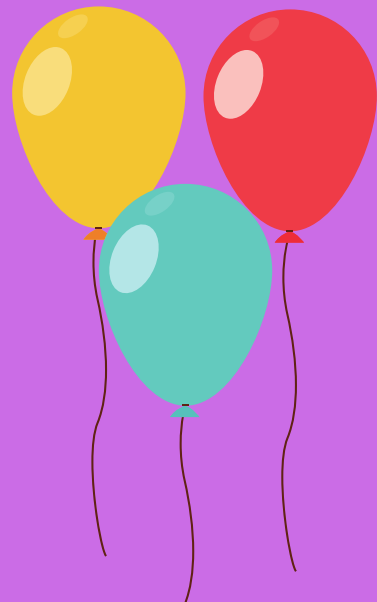
Get Set 4 P.E.

Balloon Volleyball

What you need: One balloon per table and a little space so tuck your chairs in before you begin.

How to play:

- Pupils stand behind their chairs and as a table, they count how many times they can hit their balloon up in the air before it hits their table.
- Make this harder by specifying that they are not allowed to hit the balloon twice in a row.





Get Set 4 P.E.

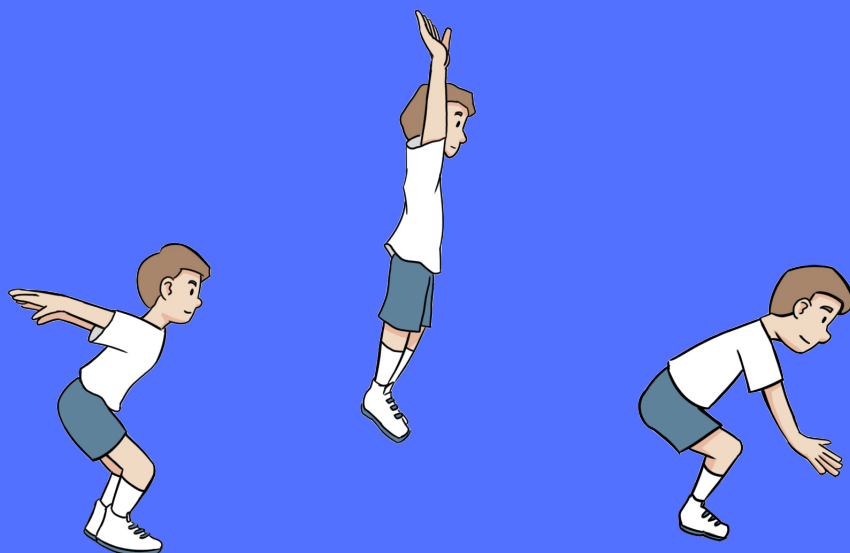
Foxes and rabbits

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

How to play:

Select three pupils to be the foxes, they are allowed to walk around. All other pupils are the rabbits, they can only jump around.

If a rabbit is caught by a fox, they must jump on the spot with their hands up (like bunny ears). They can re-join the game when another rabbit tags them.





Get Set 4 P.E.

Head, shoulders, knees and toes.

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.





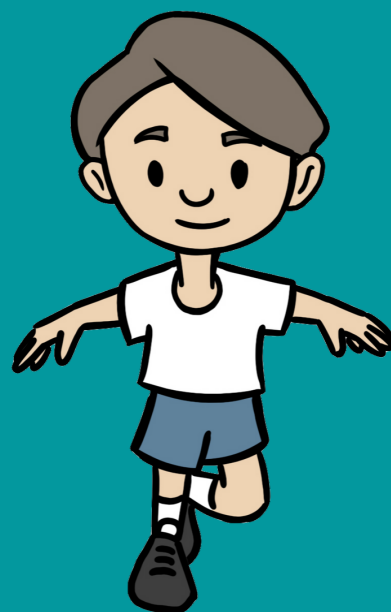
Get Set 4 P.E.

Jumping tricks

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

How to play:

- Ask the children to explore the following jumping patterns. Maybe at lunchtime they could try them out with a skipping rope? Repeat each for 30 seconds.
- Scissors: Jump one foot forward one foot back, jump and change feet.
- Hopping: Practise right then left.
- Ski slalom: Jump side to side with feet together.
- Criss cross: Jump feet to cross then wide.
- Hopscotch: One foot, two feet, one foot, two feet.





Get Set 4 P.E.

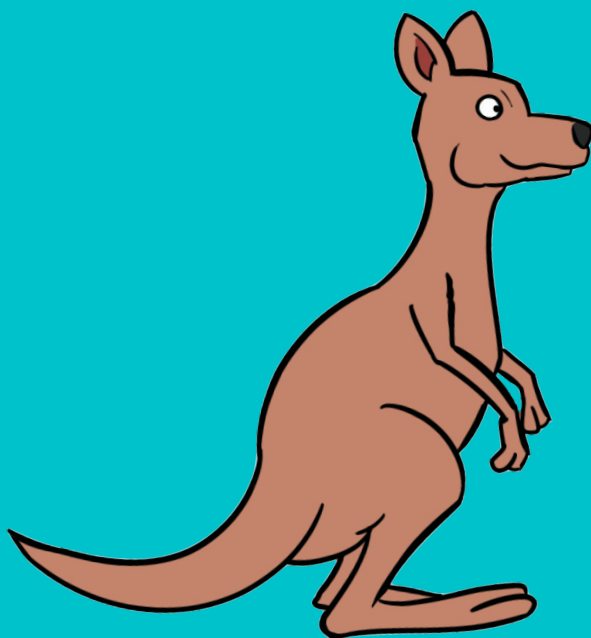
Kangaroos

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

How to play:

The teacher says the following instructions for the pupils to copy:

- Right foot: hop on your right foot
- Left foot: hop on your left foot
- Kangaroos: jump around the classroom using two feet.



Keep mixing up the order of the instructions.





Get Set 4 P.E.

Milkshakes

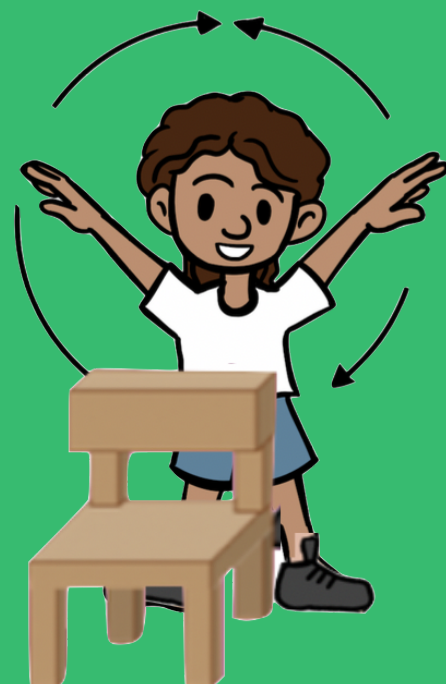
What you need: One chair per pupil.

How to play:

Pupils stay seated and raise their hands in the air. Have them begin by shaking their right hand 10 times, left hand 10 times, right foot 10 times and left foot 10 times.

Then pupils shake as below when teacher says:

- Strawberry milkshake: raise and shake both hands.
- Chocolate milkshake: raise and shake both feet.
- Milkshake dance: stand and dance in a full circle around your chair back to seated.



Repeat a few times



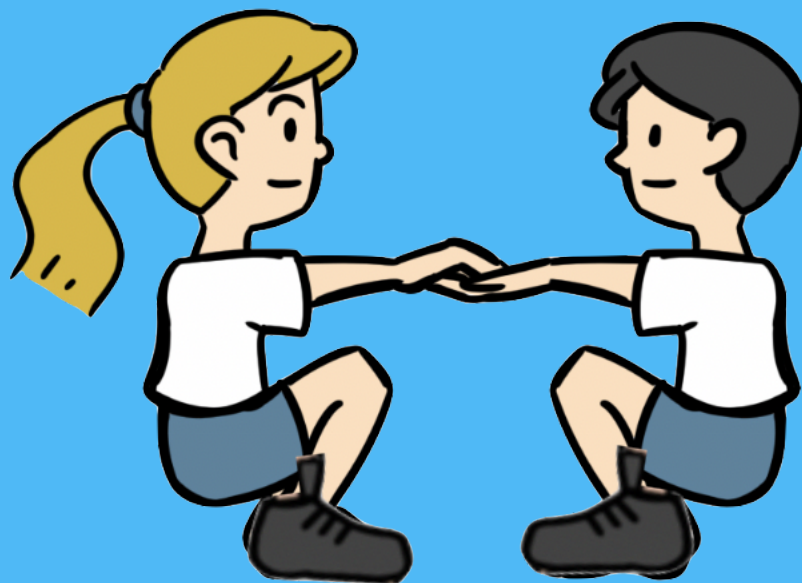
Get Set 4 P.E.

Mirror me

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

How to play:

- Pupils work with a partner.
- One child begins as the leader. They perform any action on the spot that their partner must copy.
- They can choose to change the action whenever they like.
- After 1 minute children swap roles.





Get Set 4 P.E.

Simon says...

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

How to play:

- Ask the pupils to stand behind their chair.
- Teacher to call some physical actions for the pupils to copy, but only when they are said following 'Simon says'.

Actions could include:

- Jump up and down
- Spin around
- Star jumps
- Hop on your right foot
- Touch your toes
- Show off the muscles in your arms
- Balance on one foot.
- Do a funny dance





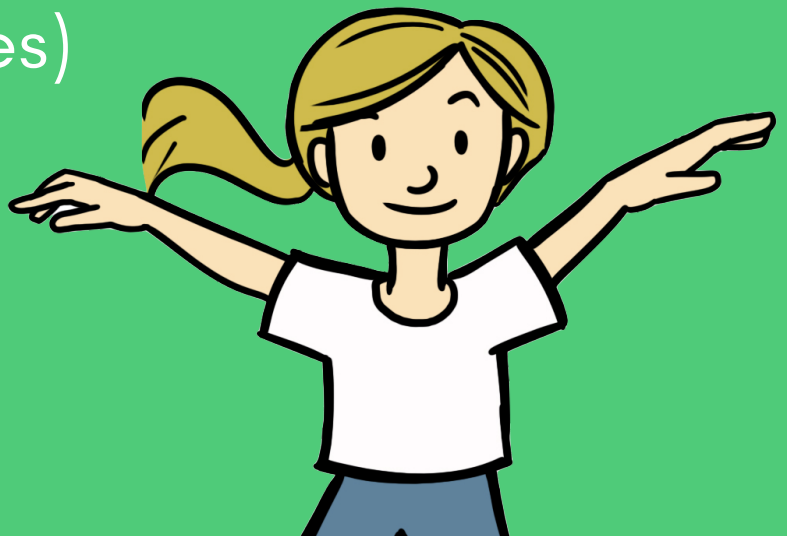
Get Set 4 P.E.

Space rockets

What you need: Optional cones.

How to play:

- Pupils begin sitting on their chair.
- They imagine they are astronauts as they pretend to put on their helmet and space boots.
- Teacher says '3,2,1 blast off'.
- Pupils jump up and begin to fly around the room.
- When the teacher says 'space rocket landing'. Pupils fly back to their seat ready to begin again.
- Add craters (cones) around the room for the pupils to jump over.



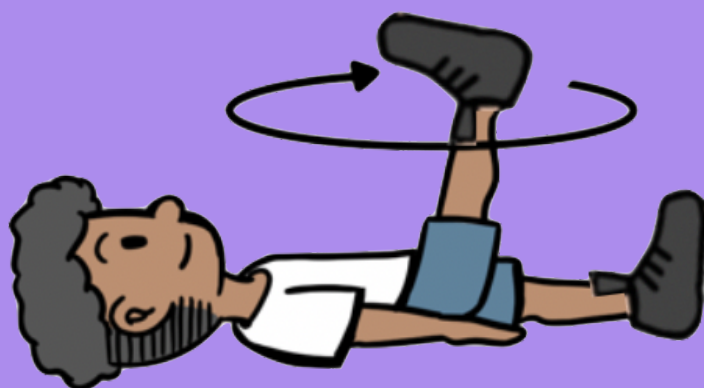


Spell it out

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

How to play:

- Pupils imagine that their index finger is an imaginary pencil. They write their name in the air with big exaggerated movements.
- Then, using a different body part as the pencil they spell their name again.
- Then give the pupils another word to spell. How many different body parts can they write the word with?





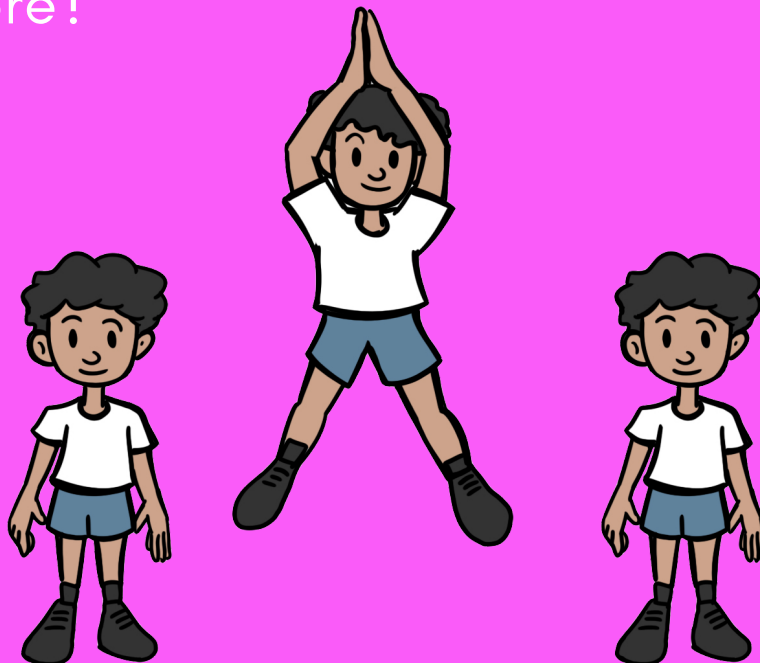
Get Set 4 P.E.

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?





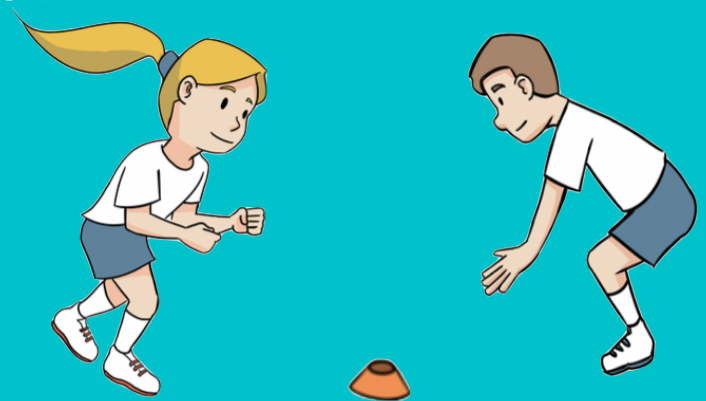
Get Set 4 P.E.

Swipe

What you need: A clear space so tuck your chairs in before you begin. One cone between two.

How to play:

- Pupils work in pairs with one cone.
- Pupils stand opposite their partner with the cone on the floor between them.
- Pupils complete the following actions and race to 'swipe' (pick up) the cone on the teachers command 'swipe', winning one point for every swipe:
 - Jogging on the spot
 - Star jumps
 - Hopping
 - Heel flicks
 - High knees



Play a few rounds then change partners.



Get Set 4 P.E.

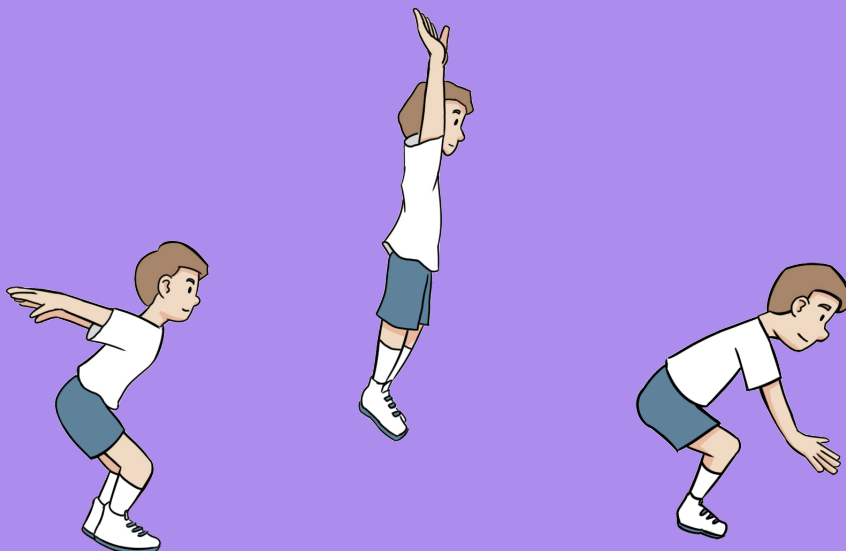
The bean game

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

How to play:

The teacher says one of the following beans and the pupils respond by performing the corresponding action.

- Runner bean: run on the spot.
- Baked bean: jump up and down on the spot
- Broad bean: lie down in a star shape.
- Friendly bean: walk around whilst giving people a high five.





Get Set 4 P.E.

The car game

How to play:

Ask the children to imagine they are climbing into a car, putting on their seat belt and adjusting the mirror. Children drive their car around the classroom by walking and then complete the actions said by the teacher.

- Red light: stop
- Green light: go
- Speed bumps: jump up and down
- Roundabout: drive around a table

Encourage the children to wave at each other as they drive past.



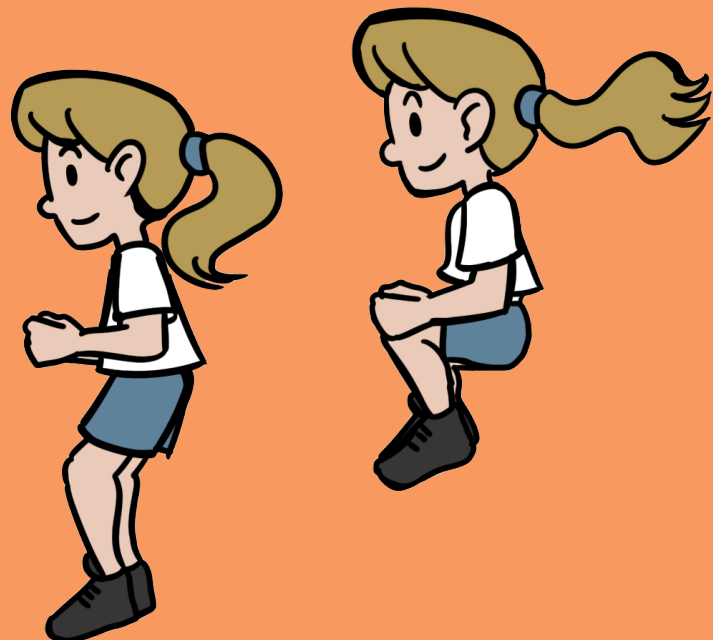
Get Set 4 P.E.

The movement wave

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

How to play:

- All pupils stand in a circle.
- One person chooses and performs an action. The person to their right joins in, then the next person etc until the action has been passed around the circle and all pupils are performing the action.
- Then the next pupil chooses an action to be passed around the circle.
- Actions could include hopping, jumping, squats, dancing, arm circles etc.





Get Set 4 P.E.

Traffic lights

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

How to play:

- Pupils stand behind their chairs and respond to the color traffic light said by the teacher
- Green: move feet as fast as possible on the spot.
- Yellow: march high knees on the spot.
- Red: hold a balance on one foot.
- Roundabout: spin around on the spot.



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?

