



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.

