



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.