



101
FUN
PE GAMES

The logo features the number '101' in orange with a halftone pattern, 'FUN' in blue with a halftone pattern, and 'PE GAMES' in pink with a halftone pattern. A soccer ball icon is positioned to the right of '101' and a basketball icon is to the left of 'FUN'. The entire logo is set against a black, cloud-like background with orange spikes.



OBSTACLE
COURSES

The text 'OBSTACLE COURSES' is written in a bold, green, bubbly font with a white outline and a black drop shadow. It is centered within a large, white, cloud-like shape with a black outline and orange spikes.

FOCUS



GROSS MOTOR



FINE MOTOR



ENDURANCE

GROUP SIZE

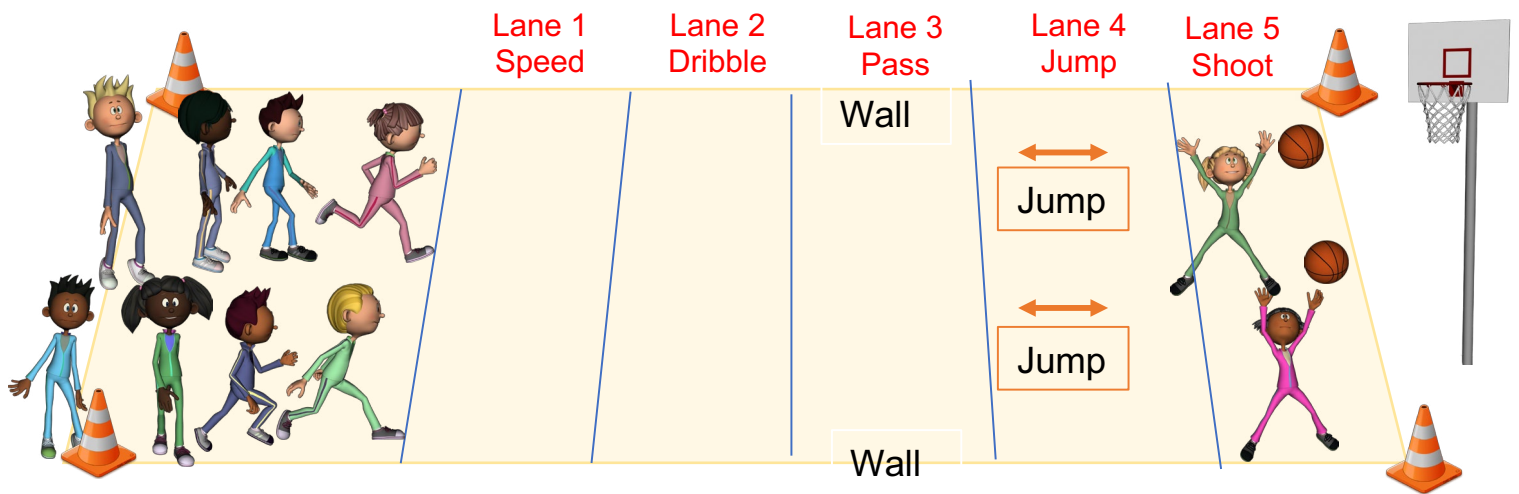


EQUIPMENT

4 cones, 2 basketballs, floor tape

SETUP

You can do this as a relay race, have individual kids race, or go separately as a time trial. Divide the playing area into 5 lanes with tape as seen in the image below.



INSTRUCTIONS

1. On 'go' the first child in each line will run with the basketball through lane 1 as fast as they can.
2. When they get to lane 2, they must dribble the ball to lane 3.
3. At lane 3, they must chest pass the ball to a wall 5 times and catch it 5 times.
4. Next, they run to lane 4 and jump back and forth 5 times as they move on to lane 5 where they must make a basket. To finish, they must run back to start with the ball and the next child then begins. The first team to finish wins the race.

MAKE IT EASIER

- Try to lower the basket height to allow kids a higher degree of success.

MAKE IT HARDER

- Keep the basket height at 10 feet. Increase the distance the children have to dribble as well as the number of times they must jump back and forth.

FOCUS



GROSS MOTOR



FINE MOTOR



ENDURANCE

GROUP SIZE

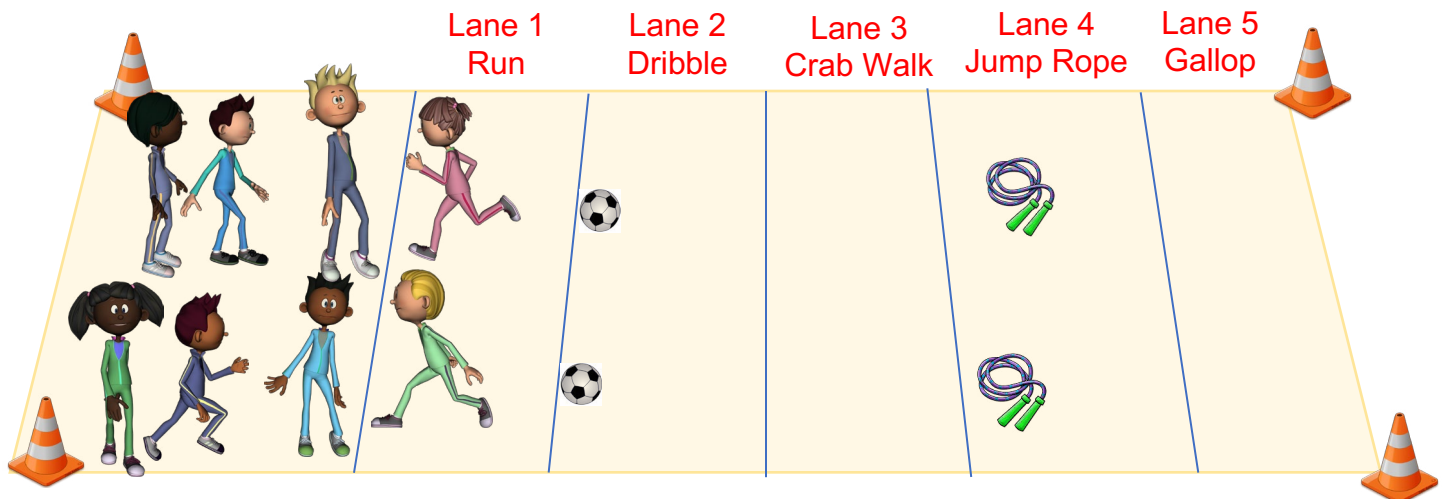


EQUIPMENT

4 cones, 2 soccer balls,
2 jump ropes, floor
tape

SETUP

You can do this as a relay race, have individual kids race, or go separately as a time trial. Place a soccer ball at the beginning of lane #2 and place jump ropes in lane #4. Divide the playing area into 5 lanes with tape as seen in the image below.



INSTRUCTIONS

1. On 'go' the first child in each line will run backwards to lane 2.
2. In lane 2, they must dribble a soccer ball backwards to lane 3, but before they start lane 3, they must return the soccer ball to the start line in lane 2.
3. In lane 3, they must crabwalk backwards to lane 4 where they will jump rope backwards 5 times, followed by galloping backwards in lane 5.
4. Once they finish in lane 5, they must run forwards to the next child in line, touch their hand to start, and the next child follows the same process. The first team to finish wins the race.

MAKE IT EASIER

- Instead of using jump ropes, allow the children to jump in the same manner without the ropes.

MAKE IT HARDER

- Have each children do each activity 2 times before allowing the next child to take their turn.

FOCUS



GROSS MOTOR



ENDURANCE

GROUP SIZE

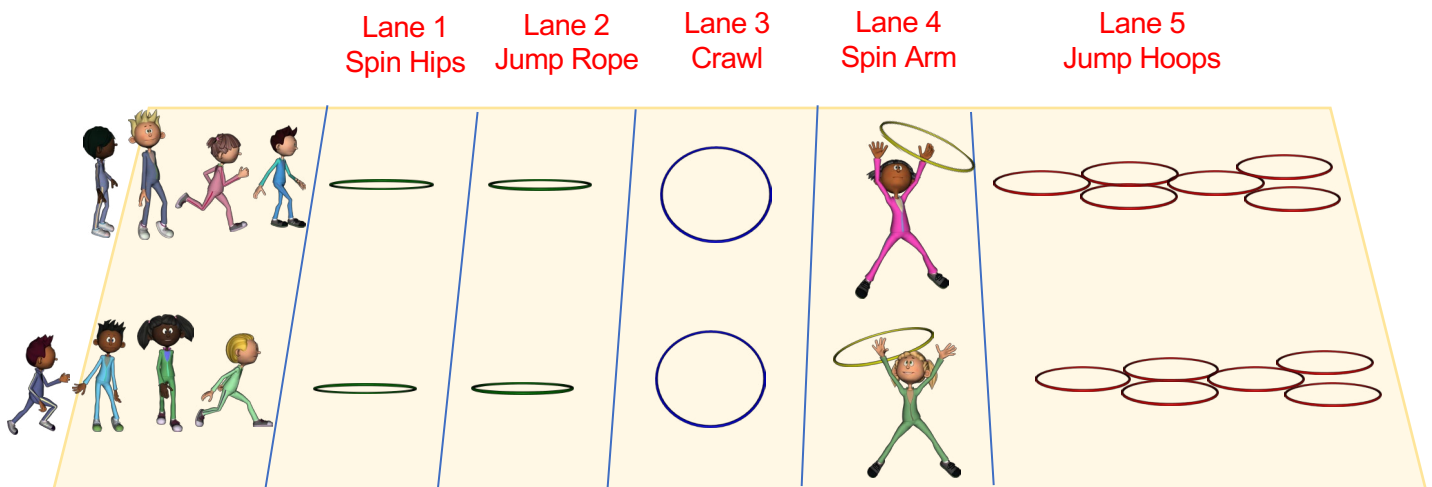


EQUIPMENT

20 hula hoops, floor tape to mark off lanes

SETUP

You can do this as a relay race, have individual kids race, or go separately as a time trial. Divide the playing area into 5 lanes. Each team will need 10 hula hoops in their lane as shown in the image below. Use tape or cones to stand up the hoop in lane 3.



INSTRUCTIONS

1. On 'go' the first child in each line run into lane 1 and spin a hula hoop on their waist 5 times. When complete they drop the hoop and move on to lane 2.
2. When they get to lane 2, they must jump rope with the hoop 5 times as they move into lane 3 and crawl through a hoop that is standing.
3. In lane 4, they must spin the hoop on one arm 5 times as they run to lane 5 and jump through each hoop. When completed, they must run back through each obstacle in the same manner. As they return to the start line, the next child follows the same pattern. The first team to complete each tasks wins.

MAKE IT EASIER

- Instead of going through each obstacle on the way back, have the younger children just run back to the start line.

MAKE IT HARDER

- Increase the number of times to spin the hoop and jump through it from 5 turns to 10 turns.

FOCUS



GROSS MOTOR



ENDURANCE

GROUP SIZE

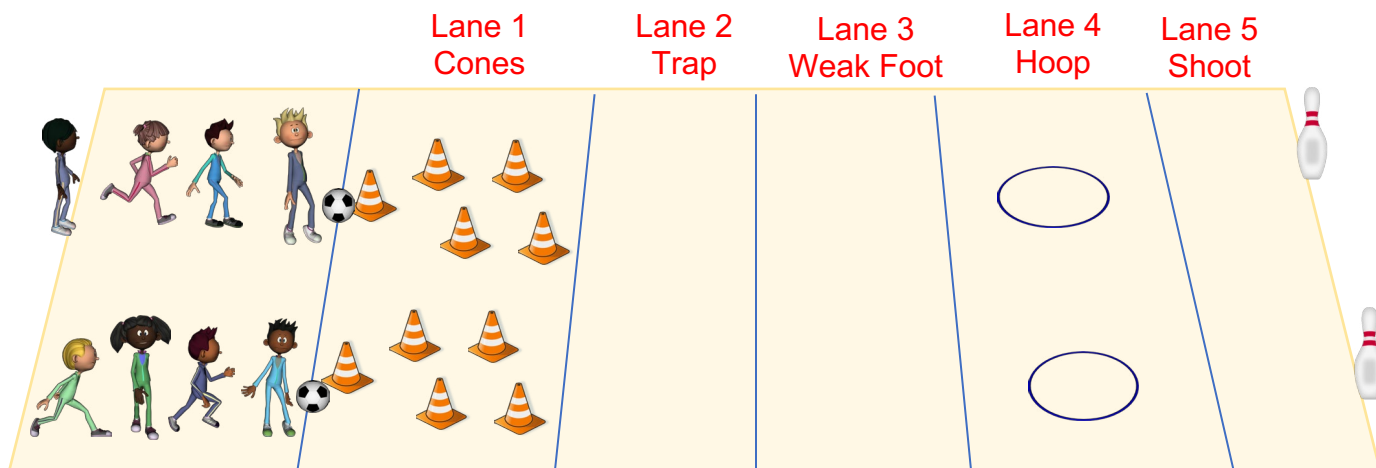


EQUIPMENT

10 cones, 2 hula hoops, floor tape to create 5 lanes

SETUP

You can do this as a relay race, have individual kids race, or go separately as a time trial. Divide the playing area into 5 lanes as seen in the image below. Set up 5 cones in lane 1 and 2 hula hoops in lane 4.



INSTRUCTIONS

1. Each child will use one soccer ball for the entire race.
2. On 'go' the first child in each line will dribble the soccer ball in figure-8 style through 5 cones. Once they complete that task, they now dribble the ball through lane 2 and trap the ball on the line exactly where lanes 2 and 3 meet.
3. In lane 3, they must dribble the ball with their non-dominant foot as they dribble into lane 4 where they can dribble with any foot through a hoop that the teacher has standing up in lane 4. As the child gets into lane 5, they must dribble the soccer ball towards the bowling pin and knock it down. Once completed, they stand up the pin and run back to start with the ball in their hand as they give the ball to the next child who follows the same routine.

MAKE IT EASIER

- Use fewer cones in lane one.

MAKE IT HARDER

- Use more cones in lane one.

FOCUS



TEAMWORK



GROSS MOTOR



FINE MOTOR

GROUP SIZE

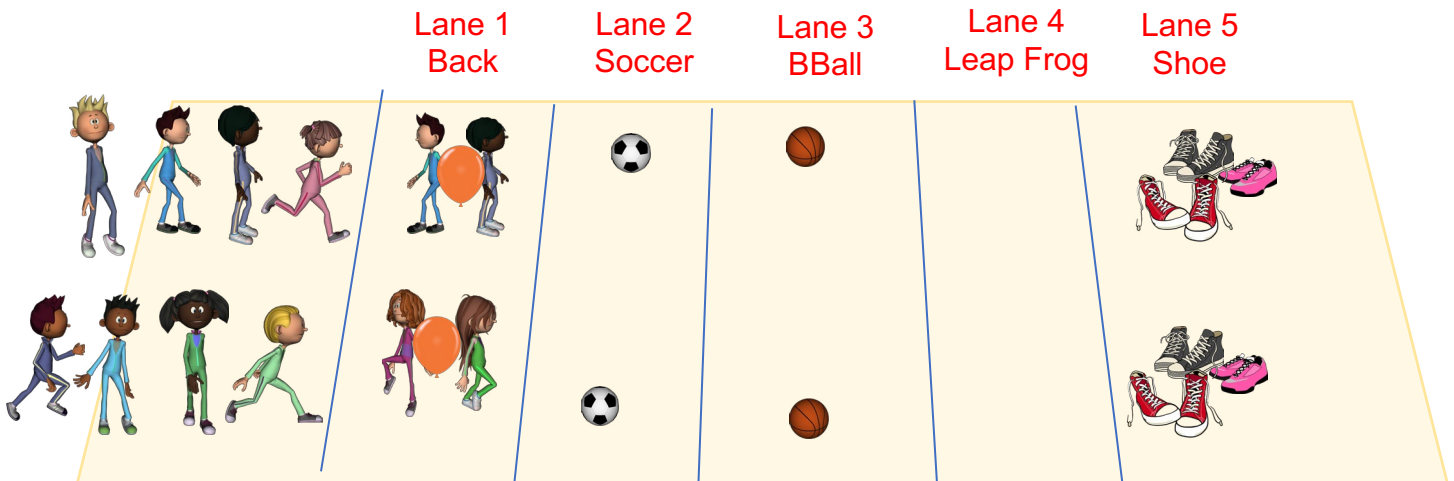


EQUIPMENT

2 balloons, 2 soccer balls, 2 basketballs, floor tape to mark off lanes

SETUP

You can do this as a relay race, have pairs of kids race, or go separately as a time trial. Divide the playing area into 5 lanes as seen in the image below. In lane 1, ensure that each team has a balloon, in lane 2 a soccer ball, lane 3 a basketball, and in lane 5 they each must put one sneaker.



INSTRUCTIONS

1. During this race, each child must be with a partner from their team for every lane.
2. On 'go' the first 2 children in each team must stand back-to-back and balance a balloon between them while they travel to lane 2 where they must pass a soccer ball to each other 5 times. Lane 3 they must pass a basketball 5 times.
3. In lane 4, they must leapfrog to travel through that lane. As they get to lane 5, they must find their missing sneaker and put it on as both kids run back to the start line as the next 2 children on their team follow the same process.
4. The first team to finish wins the race.

MAKE IT EASIER

- Allow the children to balance the balloon between partners however they want. For example, they can use their heads.

MAKE IT HARDER

- Increase the distance of lane 1 to make it harder. Have the children pass the soccer and basketballs 10 times instead of 5 times.

FOCUS



GROSS MOTOR



ENDURANCE

GROUP SIZE



EQUIPMENT

Basketballs, cones, hula hoop, 1 basketball hoop

SETUP

Place the children in a traditional relay race line. In front of each team place cones and a hula hoop as shown in the image below. They will need to dribble their ball towards a basketball hoop.



INSTRUCTIONS

1. On 'go' the first child in line dribbles their basketball through cones in a figure-8 style.
2. As soon as they complete that task, they come to a hula hoop and must dribble the basketball around the hoop 2 complete times.
3. Next, they must dribble to the basket and take 1 shot. Whether they make it or miss it, they must dribble back the same way they came and hand the ball off to the next child in line.
4. The first team to make 10 baskets wins the race.

MAKE IT EASIER

- Use less cones and take away the hula hoop.

MAKE IT HARDER

- Add more cones to dribble around as well as adding another hula hoop.