



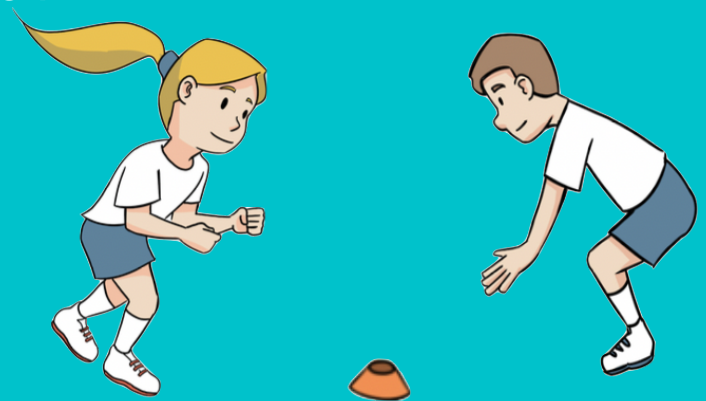
Get Set 4 P.E.

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.