

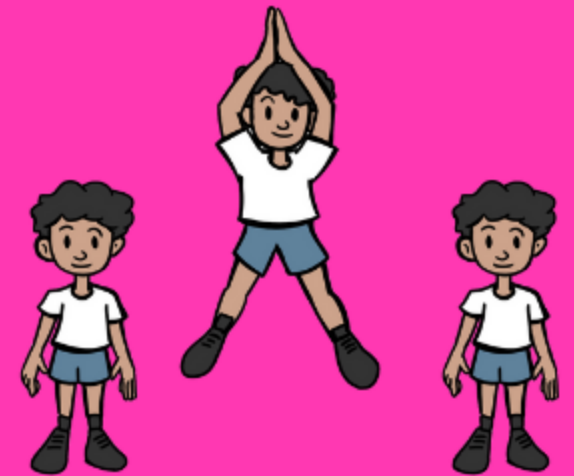
# Down from 10, up from 5



**What you need:** a little space and a lot of perseverance.

## How to play:

- Complete 10 burpees, then 5 star jumps.
- Then go down by 1 burpee each time and up by 5 star jumps until you get to 0 burpees and 50 star jumps.
- Round 1: 10 burpees, 5 star jumps
- Round 2: 9 burpees, 10 star jumps
- Round 3: 8 burpees, 15 star jumps
- Round 5: 7 burpees, 20 star jumps
- Round 6: 6 burpees, 25 star jumps
- etc.....



**Make this easier by spreading it out throughout the day.**



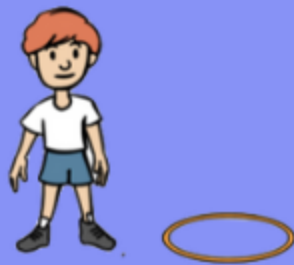
# Fill it up



**What you need:** Six socks and two pots

## How to play:

- Players have one pot each that they place 6m apart. Place six socks in the centre.
- Players start at their pot and run to the middle, taking one sock back to their pot. Continue until there are no socks left in the middle, then run to your opponents pot to collect one sock at a time.
- Who is the first to have 5 socks in their pot?
- Playing by yourself? From a pile of socks 6m away, how many can you get into your bucket in 1 minute?



**Take small steps so that you can change direction quickly.**


# Find the rainbow



**What you need:** 5x5 grid. This could be paper taped to the floor or with chalk, and a picture of a rainbow.

## How to play:

- Place your rainbow in the centre of the grid.
- Fill the rest of the grid with numbers from 1 - 4.
- Players try to get to the rainbow in the centre of the grid.
- Begin in the green box with number 1 and jump one jump in any direction **except diagonal**.
- Continue through the grid jumping with the number of jumps indicated on the square you are standing on until you reach the rainbow.
- Make this harder by completing the corresponding exercise for every number landed on  
1 = 1 x squat,  
2 = 2 x hops, 3 = 3 x high knees  
4 = 4 x star jumps

3	2	4	1	3
2	3	1	3	2
1	2		2	3
3	4	3	2	2
3	2	1	3	4

Print this and give one to your pupils to take home



## Find the spoon

**What you need:** A teaspoon

**People:** 2 or more



**How to play:**

- One person hides the spoon.
- The other person has to find it.
- Time each other and see who can find the spoon in the quickest time.
- Make this easier by saying 'hot' if the person looking for the spoon is close to it and 'cold' if they are moving away from it.

*Play with more people by seeing who can find the spoon first.*



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## Find three things that are...

**People:** 2 or more

**How to play:**

- One person says 'find three things that are.... blue.' etc.
- The other person then has to collect three things that are blue and bring them back to that person.
- Make this harder by timing the person to see how long it takes them.
- Other things that could be collected include 'find three things that are.... spotty, start with the letter 'C', round, soft to touch.'

*Play with more people by seeing who can collect the three items first.*



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# First to 50

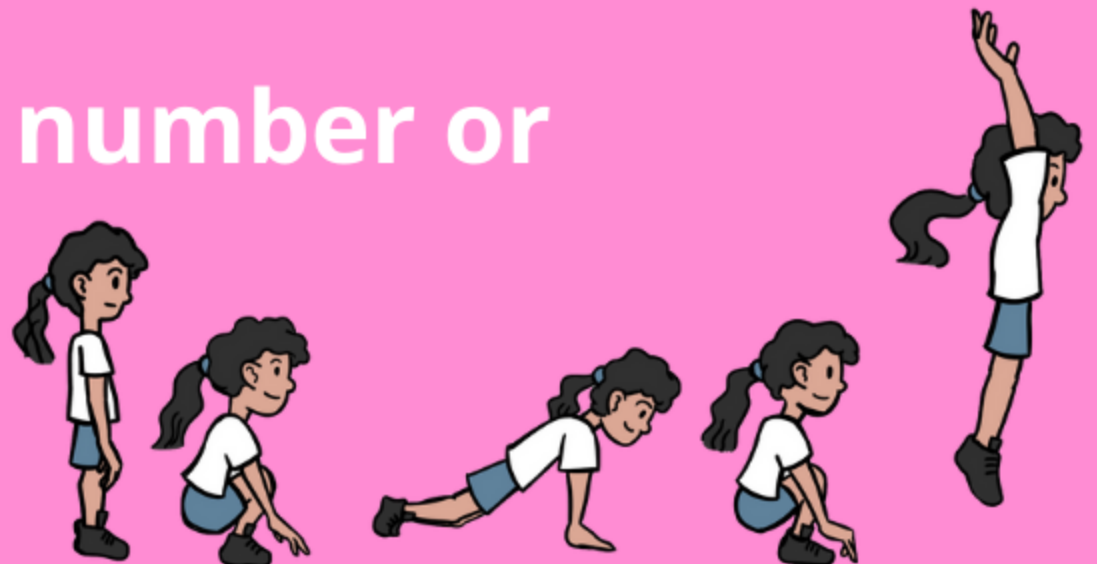


**What you need:** a dice and 1 or more players.

## How to play:

- Roll the dice and complete the action specified.  
1 = 1 x burpee. 2 = 2 x press ups. 3 = 3 x sit ups.  
4 = 4 x lunges. 5 = 5 x squats. 6 = 6 x star jumps
- Roll the dice again and add the number to your previous roll so that you keep a running total.
- Continue until you reach 50.
- Playing with someone else? Who can roll 50 first?
- Playing by yourself? How quickly can you roll 50?
- Make this harder by subtracting 5 when you roll a 5.

**Change the target number or exercises and play again.**





# Footwork frenzy



**What you need:** 6 socks

**How to play:**

- Place the socks into a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below. Three times for each challenge.
  1. Run through the gaps, placing one foot in each. Go as quickly as you can.
  2. Jump two footed in each gap? Then backwards.
  3. Jump feet wide, then feet together in the gaps.
  4. Hopscotch.
  5. Rotate to turn sideways on each jump in the gaps.

**Can you make up your own jumping pattern?**



**Print this and give one to your pupils to take home**

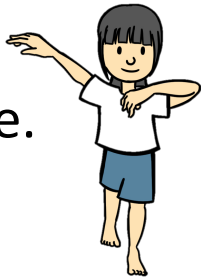


## **Get dancing!**

Put your favourite music on  
and dance around to it for  
the whole song.

OR

Make up a dance and  
perform it to friends and  
family! Use counts of 8 for a  
really slick  
performance.



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## **Grandmother's footsteps!**

**People:** 3 or more

**How to play:**

- One person begins facing away from the others at the other end of the room or space.
- All other people start behind a marker which shows the start line.
- Grandmother says 'go' and everyone else tries to creep up to the Grandmother without being heard.
- If the Grandmother turns around, everyone else must freeze. If the Grandmother sees anyone move, they get sent back to the start.
- When the Grandmother turns away, everyone is allowed to creep again.
- The first person to get to the Grandmother wins the game and starts as the Grandmother in the next round.



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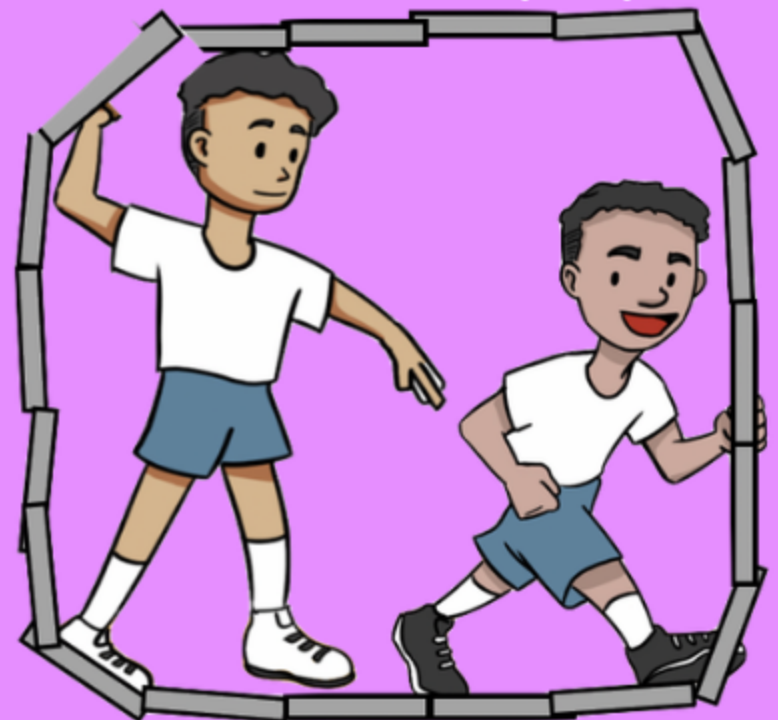
# Hamster wheel



**What you need:** Sellotape, newspaper,  
1 or more players

## How to play:

- Make a giant circle, big enough for all players to stand inside, by sellotaping the newspaper sheets together.
- All players stand inside the circle like hamsters in a wheel.
- Can you work together to move the newspaper like a wheel without it breaking?
- Option to play this 1v1. Make two wheels and have a race.



**Communication is key!**

# Heads or tails

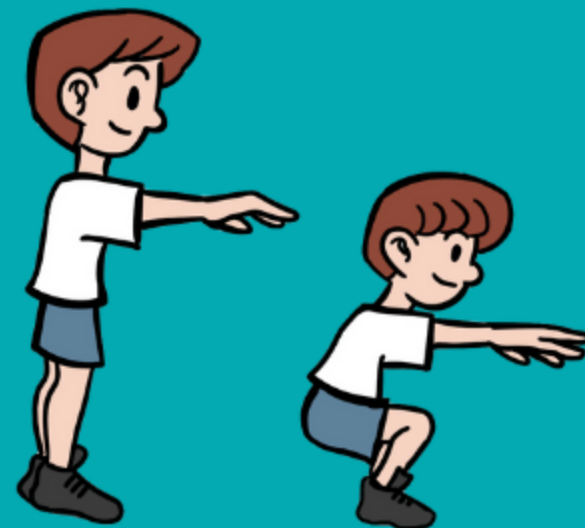


**What you need:** a coin.

## How to play:

- Players choose each time if they want to be heads or tails.
- They toss the coin and if it lands on the side they called they gain 1 point.
- If the coin toss does not land on the side they called they must complete 10 squats.
- The game is complete once players have won 10 coin tosses.
- Playing with someone else? Who can win 10 coin tosses first?
- Play the game again changing the exercise.

**Are you  
feeling lucky?**



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## Hide and seek

**People:** 2 or more

**How to play:**

- One person counts to 60, they are the seeker.
- All other players hide.
- The seeker attempts to find all other players.
- The first person found becomes the seeker on the next round.
- The last person found is the winner.



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# High jump



**What you need:** Lots of cushions

**How to play:**

- Be sure to play in a safe space clear of other objects.
- Warm up by jogging on the spot for 1 minute, 10 star jumps and 10 squats.
- Place one cushion on the floor and practise jumping over it. Be sure to bend your knees as you jump and land.
- Add another cushion to the pile and jump over both of them. Swing your arms forwards and up as you jump to help you get height.
- Continue to add cushions as you clear the jump.
- You may need to introduce a run up as the pile gets higher.



**How many cushions can you jump?**

# Hit it to win it

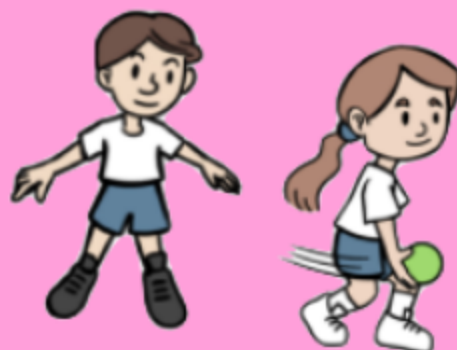


Get Set 4 P.E.

**What you need:** Household items, a ball or rolled up socks

## How to play:

- Place the household items out at varying distances.
- Begin behind a designated line and roll or throw your ball to hit one of your items.
- When successful retrieve the item you hit.
- Playing against someone else? Who can collect the most items?
- Playing by yourself? How quickly can you retrieve all items?
- Make this harder by allocating 2 points for items that are smaller or placed further from your start line.



**Take aim!**

# Print this and give one to your pupils to take home



## Home base 1, 2, 3

**People:** 2 or more

**How to play:**

- One person starts at a home base and counts to 60.
- All other players hide.
- Once the counter has finished counting they attempt to find the players who are hiding.
- All players who are hiding attempt to get back to the home base without being tagged by the counter.
- If they make it back to the home base, they shout 'home base 1, 2, 3.'
- The first player caught by the counter becomes the counter on the next round. If all players successfully make it home without being caught, the same counter counts again.



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**I spy...**

Head to the park and play eye spy with a twist along the way. 'I spy something beginning with T', players race to be the first to touch something beginning with the letter T.



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# Indoor golf



**What you need:** Markers, these could be toilet rolls, tins, bottles etc. A ball or pair of rolled up socks per player, a frying pan, a pen and a piece of paper.

## How to play:

- Create your golf course by placing two markers in each room of your home. Place the markers 0.25m apart to create a gate or 'hole'.
- Begin at the opposite end of the room. Using your frying pan, count how many attempts it takes for you to hit your ball through the hole.
- You cannot move the ball with your hands.
- Write down how many hits it took for you to get the ball through each hole and add up your total at the end.
- Playing with someone else? Who can complete the course with the least number of hits?
- Playing by yourself? Can you complete the course again and complete it with less hits?



## How many hits will it take you?

# It's all about the pace



**What you need:** Socks and a stopwatch or clock.

## How to play:

- Mark a track around your home using the socks.
- How many times can you run around your track in 30 seconds?
- Can you double the distance if you work for 1 minute? How did that make you feel?
- Can you run your track without stopping for 6 minutes? Pace yourself to maintain a consistent speed.
- How many laps did you complete?

**Notice what happens to the distance you complete when the time increases.**

# Print this and give one to your pupils to take home



## Kerby

**What you need:** 1 ball and two kerbs that are approx. 4m apart or more

**People:** 2 or more

**How to play:**

- Players stand opposite each other on the pavement. The aim of the game is to reach the opposite kerb to score a point.
- One person starts with the ball and attempts to throw the ball so that it hits the opposite kerb and bounces back. If it doesn't, the other person gets a turn.
- If it does hit the kerb and bounce back, the person who threw it gets to take one jump towards the opposite kerb. They attempt to throw the ball to hit the kerb again, if they do hit the kerb, they get to take another jump and so on until either they miss and their turn is over or they reach the opposite kerb and score one point.
- When throwing the ball, if it bounces back and hits your own kerb or if the ball bounces back and you can catch it, you are able to take two jumps at once towards the opposite kerb.

*Play with more people by playing in pairs or teams.*



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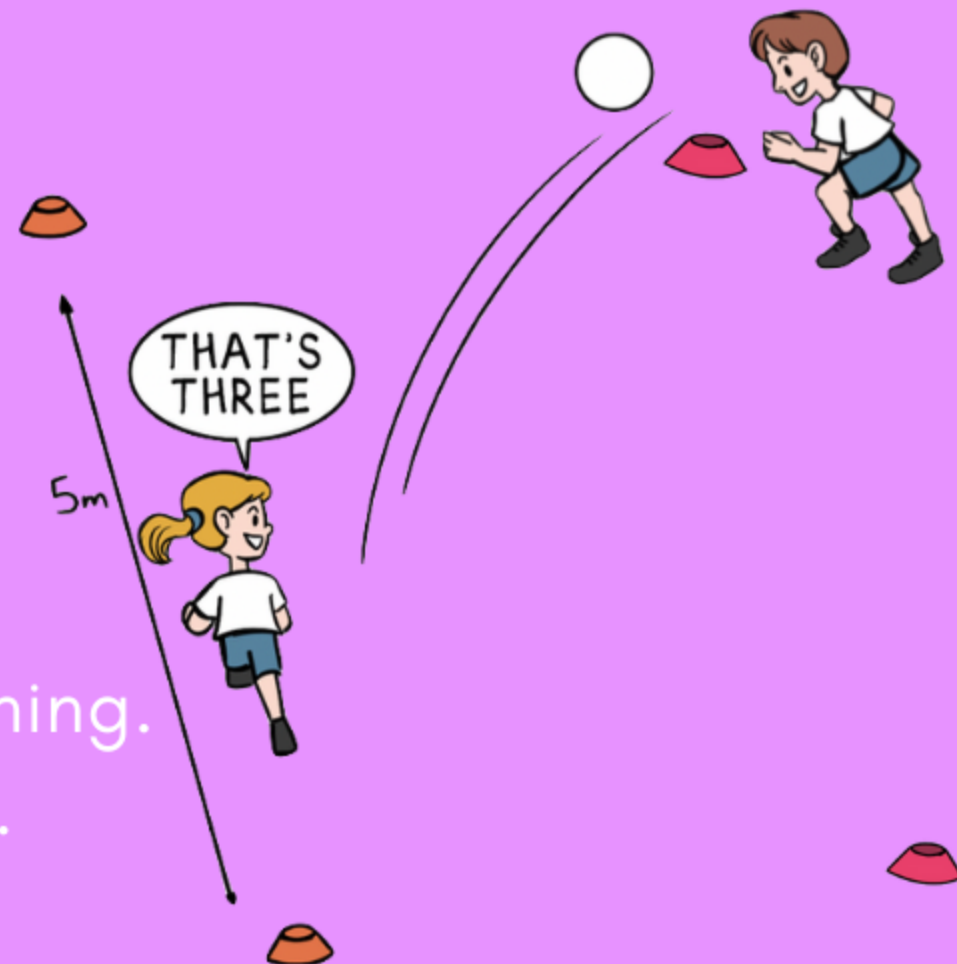
# Kick rounders



**What you need:** four markers one ball and two players.

## How to play:

- Mark out a square with the four markers.
- One player (the kicker) begins at one of the markers.
- The other player (the fielder) rolls the ball to the kicker who kicks the ball as far as they can. The kicker then runs around the outside of all four markers scoring one point every time they return to their start marker.
- The fielder must retrieve the ball as quickly as possible and place it on the start marker to stop the kicker running.
- Three turns then change over.



**Who can score  
the most points?**

# Knee boxing



**What you need:** 2 markers and 2 or more players.

## How to play:

- Place the markers 6m away from each other.
- Players begin facing each other, one at each marker.
- One player says 'go', at which point both players move towards each other.
- Players score one point every time they touch their partners' knee.
- When a point is score both players run around their start marker and back to meet their opponent.
- First to 8 tags wins the game.



**Top tip: bend your knees and keep your feet shoulder width apart.**