



Get Set 4 P.E.

Traffic lights

What you need: A little space so tuck your chairs in before you begin.

How to play:

- Pupils stand behind their chairs and respond to the color traffic light said by the teacher
- Green: move feet as fast as possible on the spot.
- Yellow: march high knees on the spot.
- Red: hold a balance on one foot.
- Roundabout: spin around on the spot.

