

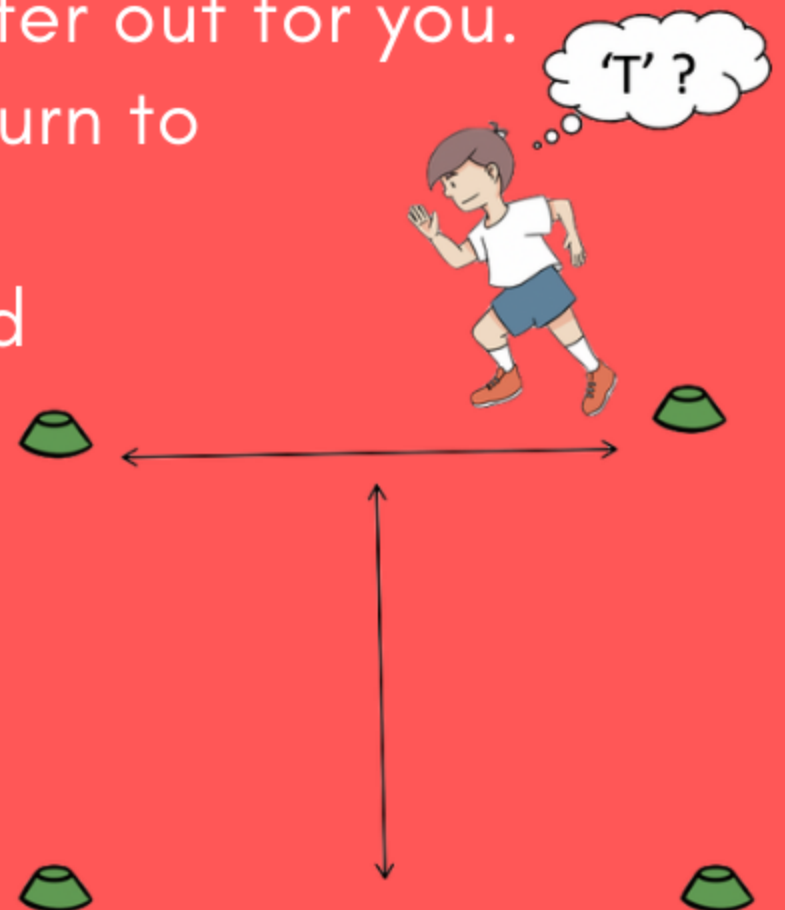
Letter box



What you need: Four markers, lots of words written on individual pieces of paper.

How to play:

- Create a 3m x 3m square out of the markers.
- Place the words 3m away from your 'letter box' face down.
- First, practise spelling letters in your letter box by travelling between the markers. Maybe someone in your household could call a letter out for you.
- Then, run to collect a word, return to your letter box and spell it out.
- Each time you spell a new word you must use a different travelling action such as skipping, jumping, sliding etc.



**How will you
spell it out?**

Limbo



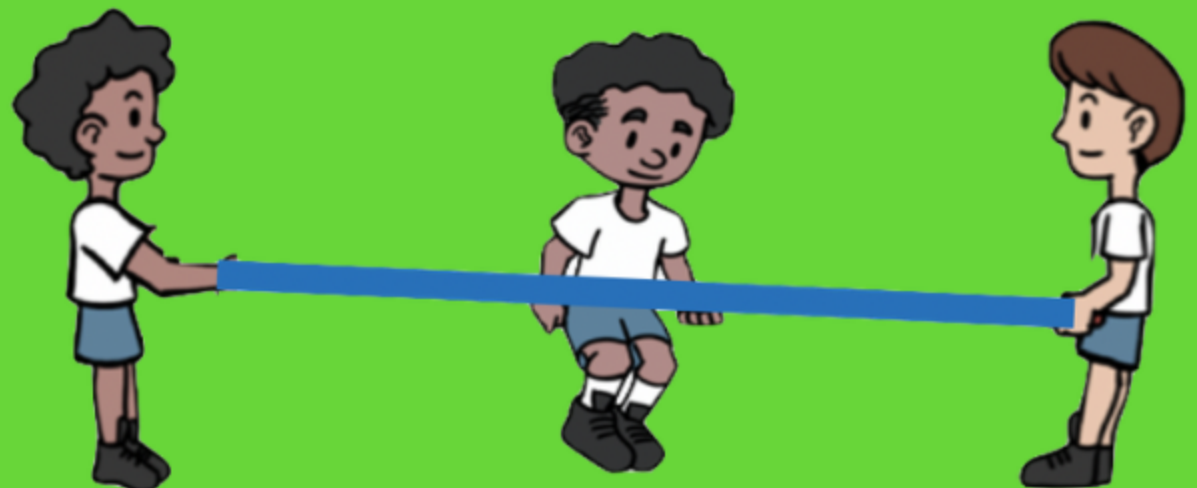
Get Set 4 P.E.

What you need: a long stick or rope (maybe dressing gown ropes tied together), three people.

How to play:

- Two people hold either end of the stick at chest height.
- Top tip: hold it in cupped hands so that it will fall easily when touched.
- Players take turns going under the stick without touching it. Each time they complete a round the stick gets lowered.
- Rules: Only your feet can touch the floor.
- Top tip: bend your knees and lean as far back as needed to travel under the stick.

How low can you limbo?



Long jump

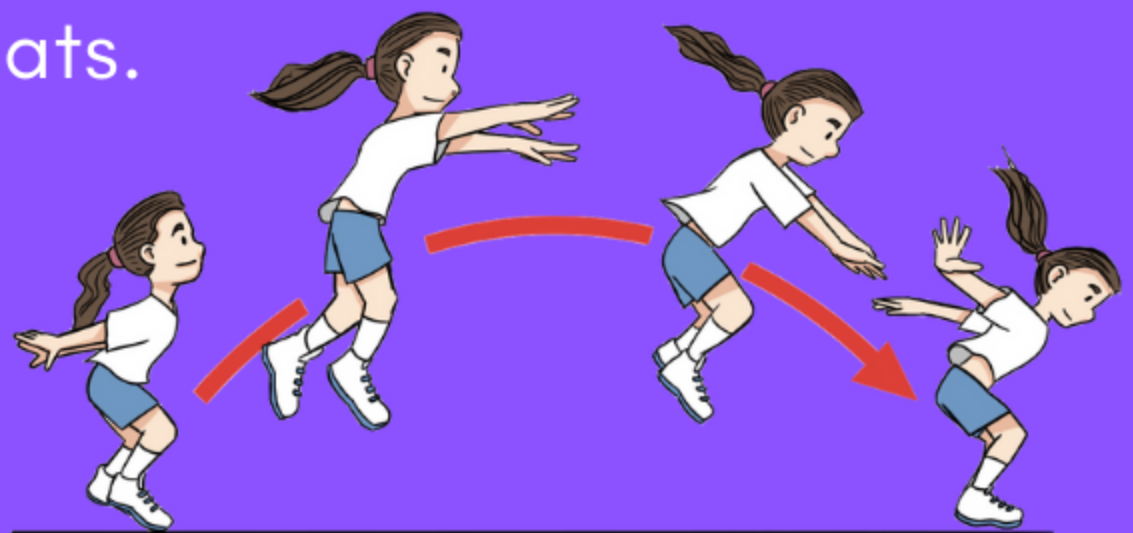


world record attempt

What you need: A measuring tape.

How to play:

- The standing long jump world record is held by Byron Jones, who recorded a jump of 3.73 m
- Warm up with 1 minute jogging on the spot followed by ten squats.
- Then see how many jumps it takes for you to reach the same distance.



How many jumps does it take for you to reach 3.73m?

Magic carpet



Get Set 4 P.E.

What you need: Ten socks, one towel per player, one or more players.

How to play:

- Mark a distance of 5m – 7m and place all of the socks at one end.
- Players begin sitting on their towel at the start line opposite the socks.
- They race to collect one sock at a time and transport it back to the start line. They must not come off their towel.
- Make the carpet move by bringing your heels to your bottom and then straightening your legs as you shuffle forwards.
- Playing by yourself? How quickly can you transport the socks?
- Playing with someone else?
Who can transport the most socks?



How else can you make the carpet move?

Mousetrap



What you need: 1 basket, 1 large bottle, a ball or pair of socks, 1 or more players.

How to play:

- Turn the basket upside down. Tilt the basket as you keep it lifted at one end by placing it on top of the bottle.
- Using your ball or rolled up socks, try to hit the bottle so that the basket drops to the floor.
- Playing with a partner? Who can knock the mousetrap down first?
- Make this harder by standing further away when you make the throw.
- Then try balancing the basket with different items such as a trainer or some toilet rolls.



How's your aim?

Multiplication circle



What you need: someone to call the numbers and 10 items.

How to play:

- Place the items in a large circle.
- The player begins in the middle of the circle.
- Someone calls a number between 1 - 10. The player must collect the number of items called from the outside of the circle and place them in the middle of the circle.
- Players can only move one item at a time.
- After a few rounds make this harder by adding a multiplication question to the game e.g. 7 would mean the player must place 7 items in the centre of the circle leaving three on the outside. The player must then call the answer to 7×3 . They return all the items to the outside to begin again.


$$7 \times 3 = 21$$



How quickly can you move the items?

Newspaper dance



What you need: 1 or more players, a sheet of newspaper per player, a music track and someone to press stop.

How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays children move off their newspaper and dance around the space.
- When the music stops children stand on their newspaper. They are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until they cannot stand without going out of the boundary.



How will you balance?

Noughts and crosses



Get Set 4 P.E.

What you need: 2 players min, three black socks, three white socks and nine markers.

How to play:

- Place the markers to create a 3x3 grid (9 boxes).
- One player uses the white socks, the other the black socks.
- Players begin 6m – 8m away from the grid. They take one sock at a time and place it somewhere on the grid. Then run back to collect another sock and repeat.
- If all three socks have been used players can move a sock that has been placed out but must run back to the start in between each move.
- The winner is the first to have three socks in a row.



Make your decision as you are running.

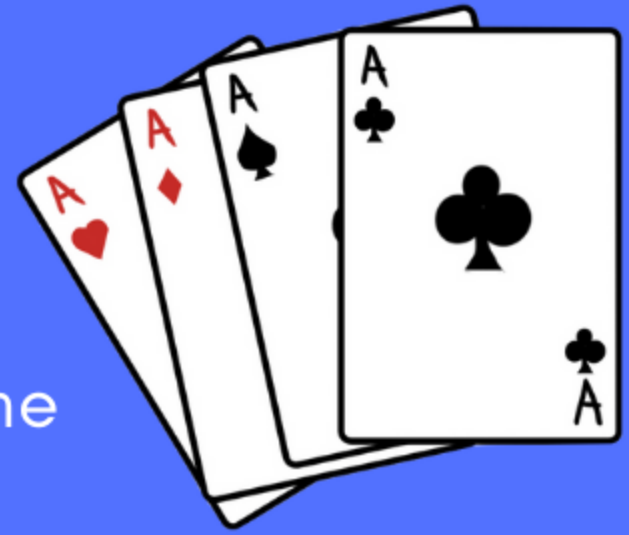
Pairs



What you need: a pack of cards, a marker and a timer.

How to play:

- Use half the pack. Make sure that there is a pair of each number in the cards you are using.
- Place the cards face down and begin at a marker 6m away.
- Run from your marker to the cards. Players are allowed to turn two cards over at a time.
- If they match the player can take them back to their start marker and go again.
- If the cards do not match the player must turn them back face down, run back to the start marker and go again.
- How quickly can you find the pairs?
- Repeat the game, can you beat your time?
- Make this harder by using the whole pack.



How quickly can you find the pairs?

Plane in flight



What you need: A sheet of newspaper, an A4 sheet of paper, a pen, masking tape, scissors and an adult to help you cut.

How to play:

- Draw circles of different sizes on the sheet of newspaper. Then ask an adult to help you cut them out.
- Make a paper aeroplane with the A4 paper (have fun finding how to make this on the internet).
- Tape your newspaper so that it hangs in a doorway and name each of the holes after a country.
- Stand 3m away and throw your aeroplane so that it travels through every country.

What countries will you visit?



Plank challenge



What you need: A little space and someone to time.

How to play:

- Ask someone to time you whilst you hold a plank position.
- Hold the plank with your hands flat on the floor and your shoulders over your hands. Squeeze your stomach muscles so that your hips stay in a straight line.
- Have a go at different times throughout the day and try to beat your time.

**Keep your mind
strong.
You've got this!**



Plank goalie

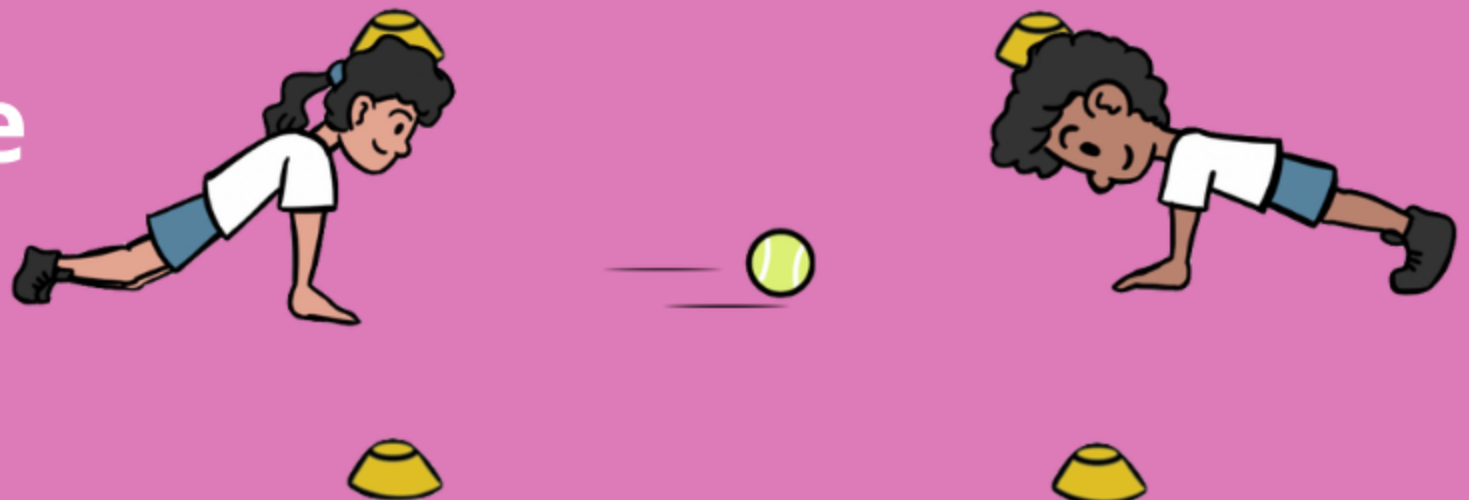


What you need: 2 or more players, four objects and a ball or pair of rolled up socks.

How to play:

- Place four objects in a rectangle formation.
- Players begin between the ends of the rectangle (their goal).
- Players must hold a plank position throughout.
- They score by rolling the ball through their opponents goal.
- Two points is awarded if their opponent drops from the plank.

Who is the first to 10 points?



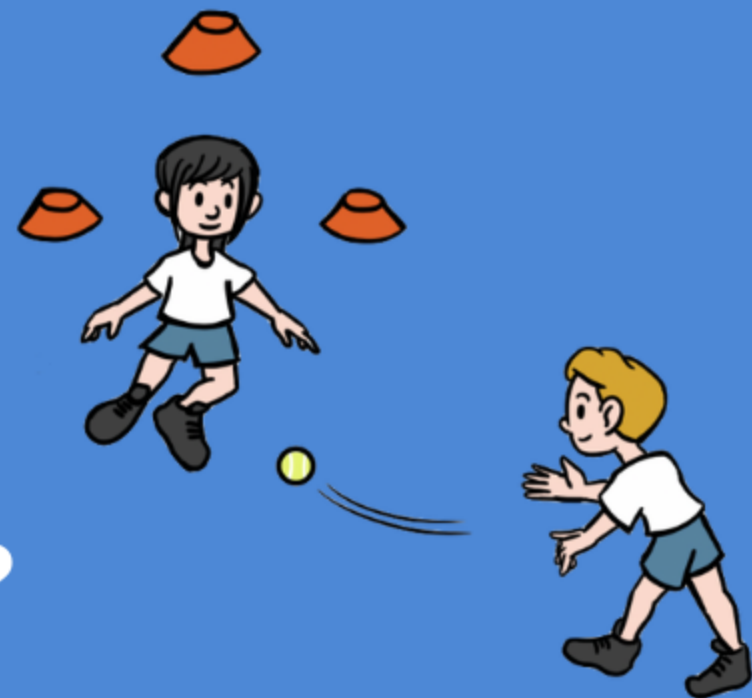
Protect the gate



What you need: 2 players min, three objects and a ball or pair of rolled up socks.

How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. They score points by rolling the ball through the triangle.
- 6 attempts then change roles.



What was your score /6?

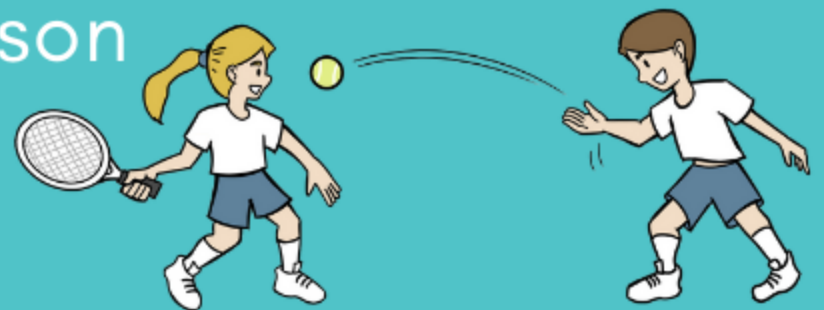
Rally



What you need: a ball or rolled up pair of socks, a hardback book and one or more players.

How to play:

- Count how many times you can hit the ball up to yourself using your book. Try to keep the ball in the centre of the book for good control.
- Can you do this standing on one foot?
- If you have another player, how many times can you send the ball to each other before it hits to floor?
- Make this easier by using socks, or by allowing the ball to bounce once in between hits.
- Make this easier by one person using a book and the other their hands.



What was your highest score?

Print this and give one to your pupils to take home



Red light, green light bike ride

Bike riding is fun in itself but giving this game a go can make things even more interesting.

All riders line up next to each other. One person stands 20m away and says 'green light' all riders can ride towards the end line. When 'red light' is called all riders must stop. Anyone caught moving goes back to the start line. Who can reach the end line first?



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Red or black?



What you need: A pack of cards.

How to play:

- One player guesses whether the first card will be red or black.
- If they are correct they get to guess if the next card will be higher or lower than the first.
- If they are correct they get to guess if the next card will be a number in between the first to cards or a number outside of the first two cards.
- If they are correct they win one hand.
- If they are wrong at any stage they complete 10 x of an exercise of their choice and the game begins again.
- The game ends when the player has won 10 x hands.



Red or black / higher or lower / in or out?

Remember this



What you need: 6 – 10 household items,
1 x towel, 1 player and 1 person to officiate.

How to play:

- The player has 30 seconds to look at the items then they close their eyes whilst the officiator covers the items with the towel.
- The player tries to recall each of the items under the towel.
- In between every guess they complete 15 seconds of an exercise of their choice.
- Make this easier by using less items to guess.
- Make this harder by giving the player just 15 guesses before they need to start the game again with new items to recall.

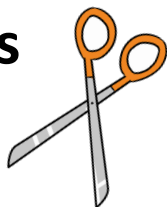


How will you remember the items?

Print this and give one to your pupils to take home



Rock, paper, scissors



People: 2

How to play:

- Face each other and jump on the spot three times before jumping on the fourth jump either with your feet landing together to represent 'rock', jump with your feet straddled wide to represent 'paper', or jump with your feet one forwards and one back to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.



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Roller ball



What you need: 2 or more players, two objects for markers and a ball or pair of rolled up socks.

How to play:

- Place two markers 5m apart. One player begins standing next to one of the markers. They are the 'roller.' They roll the ball out in any direction and then run to the other marker and back as many times as they can.
- Each time they reach a marker they score one point.
- The other player must retrieve the ball and place it back on the start marker as quickly as possible.
- 4 turns then change over.



Who has the highest score?

Print this and give one to your pupils to take home



Sardines

People: 3 or more

How to play:

- One person hides.
- All other players count to 60 together, they are the seekers.
- The seekers attempt to find the hider.
- If they find the hider, they hide with them.
- The last person to find everyone hides first on the next round.



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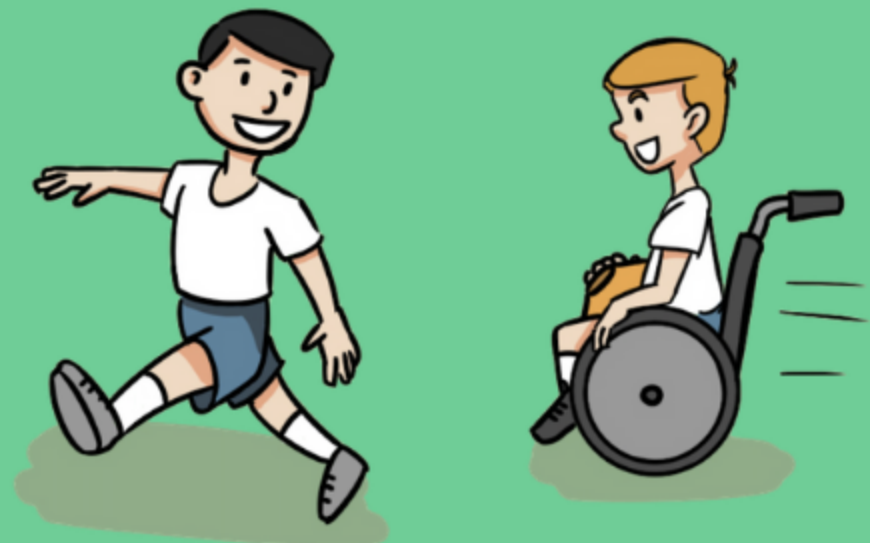
Shadow tag



What you need: A sunny day, two plus players, two socks (optional)

How to play:

- First, find your shadow. Change direction and explore the effect it has on your shadow. Discuss with a family member how the angle of your shadow is effected by the location of the sun.
- Try chasing your own shadow.
- Select one player to begin as the tagger. They tag other players by stepping on their shadow. Once caught players change roles.
- Playing with just two players? First to three tags wins that round. First to win 5 rounds wins the game.
- Change the game by allowing players to throw socks at the shadow instead of stepping on them.



Can you catch a shadow?