

Activity 1

Squat and shoot

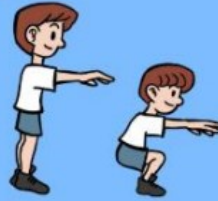


Get Set 4 P.E.

What you need: 2 balls or pairs of socks, two pots, two plus players.

How to play:

- Each player has a ball. They begin 3-4 steps away from the pots.
- Players race to throw their ball into one of the pots. First to four successful throws wins the round.
- In between each throw you must complete 10 squats.
- In the next round change the exercise you need to complete in between the throws.



Make this easier by using a bigger pot.

Who won the most rounds?

Activity 2

Mousetrap



Get Set 4 P.E.

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?

Activity 3

Traffic lights



Get Set 4 P.E.

What you need: an adult to call the instructions.

How to play:

- Children imagine they are getting in their car, putting their seatbelt on and holding their steering wheel.
- They complete the instructions said by the adult e.g.
- Green light: jog around
- Red light: stop
- Yellow light: sit down
- Roundabout: spin in a circle
- Speed bumps: jump up and down
- Zebra crossing: lie in a straight shape
- Reverse: walk backwards



Have a go at making up your own. You could even include different gears for different speeds.

Activity 3

Red or black?



Get Set 4 P.E.

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?

Activity 4

Spiders web



What you need: Masking tape, toilet roll, three objects and a timer.

How to play:

- Using a doorway or hallway create a web by taping toilet roll to the walls in various directions.
- Place three objects on one side of the web and begin on the other.
- Time how long it takes for you to climb through the web and retrieve the items. You can only retrieve one item at a time.
- Make this harder by adding on 5 seconds if you break a sheet of the web.
- Playing by yourself? How quickly can you retrieve the items?
- Playing with someone else?
Who can complete the task in the quickest time?



Make this harder by banning the use of some of the holes in the web.