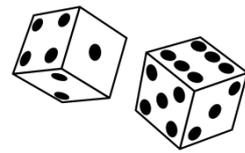


PE Home activities



Jumping Dice

How to play:

Play with a partner; take turns to roll a dice.

- Look at the number you have rolled and then complete the correct jumping exercises:

Roll a 1 = Perform 20 star jumps

Roll a 2 = Perform 20 tuck jumps

Roll a 3 = Perform 20 pencil jumps

Roll a 4 = Perform 20 jumps with a ½ turn

Roll a 5 = Perform 20 jumps with a full turn

Roll a 6 = Perform 20 squat jumps

- The first player to complete all of the activities listed above is the winner.

TOP TIPS

Pace yourself. Take your time when performing the exercises, as you may need to perform some of them more than once.

LET'S REFLECT

What happened to your body (heart) after completing an exercise?

In the Box

How to play:

Lay out 3 boxes or something similar in a row.

- Players must throw 3 steps back from the first box.
- If you throw an object into the nearest box you score 1 point, if you throw it in the middle box you score 2 points, if you throw it into the end box you score 3 points.
- Each player has 3 throws.

The player with the most points at the end of the game is the winner

TOP TIPS

Throwing Underarm Step forwards with one foot, releasing the object from low to high using your opposite hand

LET'S REFLECT

How did you change your technique for the different distances? How did you stay motivated to keep trying?

Golf: rolling

How to play:

- Place 5 targets in different places on the floor (garden or in a room).
- Decide on a starting point and it mark out.
- The aim of the game is to roll a ball, making it rest against one of the targets in the least amount of rolls possible.
- The winner is the player who rests their ball against a target with the fewest rolls.

Repeat with all of the different targets.

TOP TIPS

Roll Underarm Step forwards with one foot, bending the knee releasing the ball along the ground using your opposite hand.

LET'S REFLECT

When did you need to increase the power of your rolls? Did you use the correct rolling technique?

Treasure Chest

How to play:

Place 10 "treasure" items: socks, shoes, small toys etc at one end of the room (the treasure chest)

- Run and collect an item and return it back to the start as quickly as possible.
- How many items can you collect in 60 seconds?
- Can you race against someone else to see who can collect the most items?

Wacky Races

Mark out a start and finish line using an object to mark out these points.

- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet? Can you move backwards?
- What is the quickest way of moving? What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?

LET'S REFLECT

Which way of moving was the easiest and which was the hardest? Explain why