

P.E. Activities for this week - 1.3.21

TOTAL WIPEOUT

WHATS REQUIRED: A SKIPPING ROPE (OR DRESSING GOWN BELT)
AN ADULT TO PLAY WITH

HOW TO PLAY: ASK AN ADULT TO SPIN THE SKIPPING ROPE AROUND IN A CIRCLE ON THE FLOOR AND AS IT COMES TOWARDS YOU, YOU MUST JUMP OVER IT!

SEE HOW MANY TIMES YOU CAN JUMP THE ROPE.

CAN YOU HOP OVER IT?



BLOCKBUSTERS

WHATS REQUIRED: THE NUMBERS 1 – 9 WRITTEN ON SEPARATE PIECES OF PAPER
AN ADULT TO CALL INSTRUCTIONS

HOW TO PLAY: ARRANGE THE NUMBERS ON THE FLOOR LIKE THE KEYPAD OF A PHONE. ASK AN ADULT TO CALL OUT NUMBERS TO DETERMINE YOUR ROUTE. FOR EXAMPLE: 1, 4, 8, 9, 6, 3. YOU MUST ONLY TREAD ON THE NUMBERS THEY HAVE CALLED!



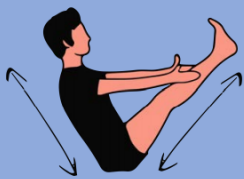
ADULTS CAN CALL THE NUMBERS IN A RANDOM ORDER TO MAKE IT MORE DIFFICULT – YOU MIGHT HAVE TO JUMP OR STRETCH!

PROGRESS: TRY HOPPING OR BALANCING AN ITEM ON YOUR HEAD!

SEATED BALANCE CHALLENGE

WHATS REQUIRED: A MAT OR TOWEL TO SIT ON
BALL OR SOFT TOY

HOW TO PLAY: CAN YOU COMPLETE THE FOLLOWING SEATED BALANCES?



LIFT YOUR LEGS AND ARMS IN THE AIR IN A 'BOAT' OR 'V SIT' BALANCE AND SEE HOW LONG YOU CAN HOLD IT.

WHILE IN THIS POSITION USE A BALL OR SOFT TOY AND SEE HOW MANY TIMES YOU CAN TWIST AND TOUCH IT ON THE FLOOR EITHER SIDE OF YOU.

CAN YOU BALANCE THE OBJECT ON YOUR TUMMY? YOUR ARMS? YOUR HEAD?

BULLSEYE

WHATS REQUIRED: PENS AND PAPER
5 x BALLS / ROLLED UP SOCKS / SOFT TOY

HOW TO PLAY: USING YOUR PENS AND PAPER DESIGN YOUR OWN BULLSEYE TARGET – YOU MIGHT HAVE TO CELOTAPE SEVERAL PIECES OF PAPER TOGETHER TO MAKE IT BIG ENOUGH. YOU SHOULD MARK EACH ZONE WITH THE POINTS 5, 10, 15, 20 AND 50 FOR BULLSEYE. LAY YOUR TARGET ON THE FLOOR, STAND 3M METRES AWAY AND ROLL YOUR BALL ALONG THE FLOOR TO SCORE POINTS!
CAN YOU HIT THE BULLSEYE?

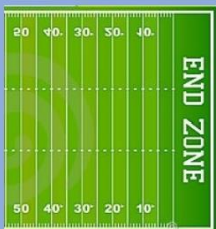


PROGRESS: STAND FURTHER BACK OR COMPETE AGAINST AN OPPONENT.

END ZONE CATCH

WHATS REQUIRED: A BALL OR ROLLED UP PAIR OF SOCKS
SKIPPING ROPES / DRESSING GOWN BELT / ROLLED UP TOWEL
AN ADULT TO PLAY WITH

HOW TO PLAY: USE THE SKIPPING ROPES / DRESSING GOWN BELT TO CREATE THREE ZONES. START IN THE FIRST ZONE FACING THE ADULT AND COMPLETE THE FOLLOWING CHALLENGE: THROW AND CATCH THE BALL 5 TIMES WITHOUT DROPPING IT. ONCE YOU HAVE DONE THIS, MOVE BACK INTO THE SECOND ZONE AND REPEAT THE CHALLENGE. ONCE YOU HAVE MANAGED 5 SUCCESSFUL CATCHES IN A ROW, MOVE BACK INTO ZONE 3 AND ATTEMPT IT AGAIN. ONCE YOU HAVE COMPLETED THE CHALLENGE START BACK IN ZONE 1 AND START A NEW CHALLENGE.



PROGRESS: 5 x ONE-HANDED CATCHES
5 x CATCHES STANDING ON ONE LEG

NUMBER CRUNCHER

WHATS REQUIRED: THE NUMBERS 0 - 9 AND SYMBOLS + (PLUS) - (MINUS) = (EQUALS)
WRITTEN ON SEPARATE PIECES OF PAPER
AN ADULT TO CALL OUT SUMS

HOW TO PLAY: PLACE YOUR NUMBERS AND SYMBOLS ON THE FLOOR LIKE THE FACE OF A CALCULATOR. THE ADULT CALLS OUT AN EQUATION, FOR EXAMPLE: 3 + 6 = ? USE YOUR FEET TO TAP THE EQUATION AND THE ANSWER INTO YOUR IMAGINARY CALCULATOR BY JUMPING ON THE NUMBERS FOR THAT MANY TIMES. SO USING THE EXAMPLE ABOVE, YOU WOULD JUMP THREE TIMES ON THE NUMBER THREE, ONCE ON THE + SYMBOL, THEN 6 TIMES ON THE NUMBER SIX, ONCE ON THE = SYMBOL AND THEN NINE TIMES ON THE NUMBER 9 WHICH IS YOUR ANSWER.

