

PE Activities for this week - 18.1.21

JUMP IN LINE

- WHATS REQUIRED:** AN OBJECT TO USE AS A MARKER
- HOW TO PLAY:** CHALLENGE YOURSELF TO SET A NEW JUMP RECORD!
- USING THE STANDING LONG JUMP TECHNIQUE (TAKE OFF FROM TWO FEET AND LAND ON TWO FEET) – HOW FAR CAN YOU JUMP?
- USE YOUR MARKER TO MARK WHERE YOU LAND AND REPEAT THE JUMP 10 TIMES TO SEE IF YOU CAN JUMP EVEN FURTHER!
- PROGRESS:** TRY JUMPING FROM ONE FOOT AND LAND ON THE SAME FOOT OR JUMPING SIDEWAYS.



RAISING THE STANDARDS IN
PHYSICAL EDUCATION AND SPORT

TARGET PRACTICE

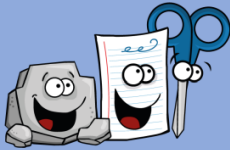
- WHATS REQUIRED:** AN OBJECT TO THROW (EG. BALL OR A PAIR OF ROLLED UP SOCKS)
- A TARGET (EG. A WATER BOTTLE A LARGE SOFT TOY OR KITCHEN ROLL)
- HOW TO PLAY:** THROW YOUR BALL / SOCKS AT THE TARGET AND TRY TO KNOCK IT OVER!
- TRY AND KNOCK IT OVER 5 TIMES BEFORE CHALLENGING YOURSELF BY MAKING IT MORE DIFFICULT.
- PROGRESS:** MOVE THE TARGET FURTHER AWAY.
- USE ALTERNATE ARMS TO THROW.
- STAND ON ONE LEG!



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ROCK, PAPER, SCISSORS

- WHATS REQUIRED:** TWO PLAYERS
- HOW TO PLAY:** CHALLENGE YOURSELF WITH THIS NEW TAKE ON AN OLD CLASSIC!
- FACE YOUR PARTNER AND JUMP ON THE SPOT THREE TIMES – ON THE FOURTH JUMP LAND WITH YOUR FEET IN THE POSITION WHICH REPRESENTS EITHER ROCK, PAPER OR SCISSORS.
- ROCK:** FEET TOGETHER.
PAPER: FEET WIDE APART.
SCISSORS: ONE FOOT FORWARDS AND THE OTHER BACK.
- BEST OUT OF THREE WINS!



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ALPHABET BODIES

- WHATS REQUIRED:** TWO + PLAYERS
- HOW TO PLAY:** USE YOUR BODY TO CREATE ALL OF THE LETTERS OF THE ALPHABET.
- HAVE THE OTHER PLAYER GUESS WHICH LETTER YOU ARE MAKING.
- PROGRESS:** CREATE 3-4 LETTER WORDS USING YOUR BODY.
- INCREASE THE LETTERS TO MAKE LONGER WORDS.
- CAN YOU SPELL YOUR NAME?



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MUSICAL SHAPES

- WHATS REQUIRED:** MUSIC
ONE + PLAYERS
AN ADULT OR OLDER SIBLING TO PRESS STOP AND PLAY
- HOW TO PLAY:** DANCE TO YOUR FAVOURITE SONGS WHILE THE MUSIC PLAYS – WHEN IT STOPS USE YOUR BODY TO CREATE A SHAPE.
- YOU COULD TRY MAKING A CIRCLE, TRIANGLE, SQUARE OR STAR.
- PROGRESS:** TRY MAKING LETTERS OR NUMBERS WITH YOUR BODY.



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WALK THE TIGHTROPE

- WHATS REQUIRED:** A SKIPPING ROPE OR DRESSING GOWN BELT
- HOW TO PLAY:** CREATE A TIGHTROPE BY LAYING A SKIPPING ROPE OR DRESSING GOWN BELTS ALONG THE FLOOR.
- TEST YOUR BALANCE BY WALKING ALONG IT WITHOUT TOUCHING THE FLOOR.
- PROGRESS:** CAN YOU WALK ALONG IT BACKWARDS?
- TRY BALANCING A BOOK ON YOUR HEAD AT THE SAME TIME.



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