

PE Activities for the week beginning 1.2.21

SAFARI ADVENTURE

WHATS REQUIRED:

MUSIC
AN ADULT OR SIBLING TO PRESS
STOP/PLAY AND CALL OUT
DIFFERENT ANIMALS

HOW TO PLAY:



DANCE AROUND TO YOUR
FAVOURITE SONGS (WE LOVE THE
LION KING SOUNDTRACK!)
WHEN THE MUSIC STOPS THE
OTHER PERSON CALLS OUT AN
ANIMAL, FOR EXAMPLE A LION,
GIRAFFE, SNAKE, ELEPHANT, RABBIT
ETC AND YOU HAVE TO MOVE
AROUND OR POSE LIKE THAT
ANIMAL! YOU COULD PUFF OUT
YOUR MANE AND PROWL TO BE A
LION, HOP AROUND THE ROOM AS A
RABBIT OR STRETCH UP TALL TO BE
A GIRAFFE!

ALPHABET FRENZY

WHATS REQUIRED:

THE LETTERS A – Z WRITTEN ON
INDIVIDUAL PIECES OF PAPER
MUSIC
AN ADULT OR SIBLING TO PRESS
STOP/PLAY

HOW TO PLAY:



SPREAD THE LETTERS ON THE FLOOR
AND START THE MUSIC!
DANCE, HOP, SKIP AND JUMP AROUND
ON THE LETTERS – WHEN THE MUSIC
STOPS IDENTIFY THE LETTER YOU HAVE
LANDED ON AND THEN LOCATE AN
ITEM IN YOUR HOUSE THAT BEGINS
WITH THE SAME LETTER.
FOR EXAMPLE: P – PENCIL. IF YOU
CANT FIND AN OBJECT GRAB
ANOTHER LETTER AND TRY AGAIN.

BALLOON BONANZA

WHATS REQUIRED:

A BALLOON

HOW TO PLAY:



ASK AN ADULT TO INFLATE A BALLOON
FOR YOU, THEN ATTEMPT THE
FOLLOWING CHALLENGES:

HOW MANY TIMES CAN YOU HIT IT UP
IN THE AIR WITH YOUR HANDS
WITHOUT IT TOUCHING THE FLOOR?

HOW MANY TIMES CAN YOU PASS IT
AROUND YOUR WAIST WITHOUT
DROPPING IT?

HOW MANY TIMES CAN YOU HIT IT
BACK AND FORTH WITH A PARTNER
BEFORE ONE OF YOU DROPS IT?

TEDDY BEAR BOWLING

WHATS REQUIRED:

6 – 8 SOFT TOYS
A BALL (OR AN ORANGE IF YOU DON'T
HAVE ONE!)

HOW TO PLAY:



SET YOUR SOFT TOYS UP IN A
TRIANGLE FORMATION THEN SET YOUR
STARTING POINT 2 - 3 METRES BACK.
ROLL THE BALL AND ATTEMPT TO
KNOCK DOWN AS MANY SOFT TOYS AS
YOU CAN! SEE HOW MANY ATTEMPTS
IT TAKES YOU TO KNOCK THEM ALL
DOWN.

PROGRESS:

TRY KICKING THE BALL TO KNOCK THE
TOYS OVER THIS TIME.

BALLERZ

WHATS REQUIRED:

A BALL OR A PAIR OF ROLLED UP
SOCKS.

HOW TO PLAY:



PRACTISE YOUR BALL SKILLS AND
IMPROVE HAND EYE
COORDINATION BY SEEING HOW
MANY OF THE FOLLOWING
CHALLENGES YOU CAN
COMPLETE IN 60 SECONDS:

HIT THE BALL IN THE AIR WITH
YOUR HAND.
PASS THE BALL THROUGH YOUR
LEGS IN A FIGURE OF 8.
THROW – CLAP – CATCH.
PASS THE BALL AROUND YOUR
WAIST.

TEDDY BEAR GAUNTLET

WHATS REQUIRED:

10 SOFT TOYS
ROLLED UP SOCKS
TWO PLAYERS

HOW TO PLAY:



PLACE YOUR 10 SOFT TOYS ON ONE
SIDE OF THE ROOM, THEN START AT
THE OPPOSITE SIDE.
YOUR MISSION IS TO RUN THE
GAUNTLET IN ORDER TO RESCUE
YOUR SOFT TOYS ONE AT A TIME!
DODGE THE SOCKS BENG THROWN
AT YOU BY THE OTHER PLAYER (THEY
MUST ONLY HIT YOU BENEATH THE
KNEE). YOU HAVE 3 LIVES AND EVERY
TIME YOU ARE HIT YOU LOSE A LIFE!

CAN YOU COLLECT ALL 10 TOYS
BEFORE YOU ARE OUT?