

PE Activities for this week - 25.1.21

RAINBOW RAIDERS

WHATS REQUIRED: COLOURED MARKERS – YOU COULD MAKE THESE YOURSELF BY COLOURING IN 5 PIECES OF PAPER.
1 x RED, 1 x YELLOW, 1 x ORANGE,
1 x BLUE AND 1 x GREEN.

HOW TO PLAY: START BY YOUR FIRST COLOURED MARKER THEN SET OFF ON A HUNT AROUND YOUR HOME TO COLLECT AN ITEM THAT IS THE SAME COLOUR. RETURN IT TO THE CORRECT MARKER AND THEN MOVE ON TO THE NEXT COLOUR. CARRY ON UNTIL YOU HAVE MATCHING OBJECTS ON YOUR WHOLE RAINBOW!
REMEMBER TO BE AS FAST AS YOU CAN AND REPEAT THE CHALLENGE UNTIL YOU'VE FOUND A VARIETY OF OBJECTS FOR EACH COLOUR.



DISNEY DANCERS

WHATS REQUIRED: MUSIC

HOW TO PLAY: CHOOSE YOUR FAVOURITE DISNEY CHARACTER AND MAKE UP A DANCE ROUTINE THAT PORTRAYS THAT CHARACTER THROUGH MOVEMENT.



PERFORM YOUR DANCE ROUTINE FOR AN ADULT OR SIBLING AND HAVE THEM TRY TO GUESS WHO YOUR ARE!

INCLUDE FACIAL EXPRESSIONS AND EXAGGERATED MOVEMENTS, CREATE A STORY FOR YOUR CHARACTER AND DON'T FORGET TO USE EMOTIONS!

TUTTI FRUITY

WHATS REQUIRED: 5 – 6 FRUITS DRAWN ON SEPARATE PIECES OF PAPER (TRY TO CHOOSE FRUITS IN A RANGE OF DIFFERENT COLOURS)

HOW TO PLAY: SET OFF ON AN ADVENTURE AROUND YOUR HOME COLLECTING HOUSEHOLD ITEMS THAT MATCH THE COLOUR OF YOUR FRUITS!
CHOOSE ONE FRUIT AT A TIME – FOR EXAMPLE A BANANA AND THEN SET OFF TO FETCH SOMETHING YELLOW. USE DIFFERENT TYPES OF MOVEMENT EACH TIME - YOU COULD RUN, HOP, SIDE STEP, JUMP, SKIP, STAR JUMP – RETURN YOUR ITEM TO THE MATCHING FRUIT AND THEN MOVE ON TO THE NEXT ONE. REMEMBER TO CHANGE MOVEMENT EACH TIME!



PETER RABBIT'S RADISH RAID

WHATS REQUIRED: AN ADULT
BALLS/ROLLED UP SOCKS TO ACT AS YOUR RADISHES

HOW TO PLAY: ASK AN ADULT TO PRETEND TO BE MR MCGREGOR FAST ASLEEP IN HIS GARDEN WITH HIS PRECIOUS RADISHES NEXT TO HIM! CREEP TOWARDS MR MCGREGOR WHILE HE SLEEPS TO STEAL HIS RADISHES BUT BE CAREFUL NOT TO WAKE HIM! BRING YOUR RADISH BACK TO YOUR STARTING POSITION AND THEN TIP TOE TOWARDS HIM AGAIN TO GRAB ANOTHER! IF HE WAKES YOU MUST FREEZE SO HE CANT SEE YOU – IF YOU MOVE AND HE SEES YOU, GO BACK TO THE START! CARRY ON ONCE MR MCGREGOR IS SAFELY SLEEPING AND ATTEMPT TO STEAL ALL THE RADISHES!



MUSICAL BALANCE

WHATS REQUIRED: MUSIC
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 HOLD A BALANCE. YOU COULD TRY BALANCING ON ONE LEG, ON YOUR BOTTOM, YOUR TUMMY, YOUR SIDE, BACK, SHOULDERS. IS IT A STRETCHED BALANCE OR A CURLED ONE? HOW MANY DIFFERENT PARTS OF YOUR BODY CAN YOU USE? WHAT SHAPES ARE YOU MAKING WITH YOUR BODY?

PROGRESS: CHALLENGE YOURSELF TO BALANCE ON SMALLER BODY PARTS – TRY ONE HAND AND ONE FOOT!



POPPING PIRATES

WHATS REQUIRED: TWO + PLAYERS
A SELECTION OF HOUSEHOLD ITEMS.

HOW TO PLAY: BALANCE LIKE A PIRATE ON ONE LEG WHILE THE OTHER PLAYER BALANCES DIFFERENT ITEMS ON YOU.



YOU COULD TRY BALANCING A SCARF ON YOUR ARM, A SOFT TOY ON YOUR SHOULDER, SOCKS ON YOUR HANDS!

THE WINNER IS THE PERSON WHO HAS THE MOST ITEMS BALANCED ON THEM BEFORE THEY LOSE BALANCE AND PUT THEIR FOOT DOWN.

PROGRESS: TRY BALANCING ON YOUR OTHER LEG OR WITH ONE HAND IN THE AIR!