

PE Activities for this week - 8.2.21

DRESS UP OBSTACLE

WHATS REQUIRED: 8-10 DIFFERENT ITEMS OF CLOTHING (T-SHIRTS, SCARF, GLOVES, HAT, SOCKS, SHORTS, DRESSING GOWN, SUNGLASSES)
AN ADULT TO CALL OUT INSTRUCTIONS

HOW TO PLAY: PLACE YOUR ITEMS OF CLOTHING IN A CIRCUIT AROUND THE ROOM. RUN TO THE FIRST PIECE OF CLOTHING – PUT IT ON AND CHOOSE A DIFFERENT WAY OF TRAVELLING TO THE NEXT ITEM (HOP, JUMP, SKIP, SIDE STEP ETC – ASK AN ADULT TO PROMPT YOU IF YOU NEED SOME HELP). THE OBSTACLE COURSE IS COMPLETED ONCE YOU HAVE COLLECTED AND ARE WEARING EVERY PIECE OF CLOTHING!



PROGRESS: TIME YOURSELF AND TRY AND BEAT YOUR TIME!

3 IN A ROW

WHATS REQUIRED: TWO PLAYERS
5 x RED ITEMS
5 x BLUE ITEMS
DRESSING GOWN TIE / SKIPPING ROPE / ROLLED UP TOWELS TO CREATE A GRID

HOW TO PLAY: CREATE A GRID WITH 9 SQUARES
PLAYER 1 IS RED AND PLAYER 2 BLUE – TAKE IT IN TURNS TO PLACE YOUR ITEM IN THE GRID TO TRY AND GET 3 IN A ROW. THE FIRST PLAYER TO GET 3 OF THEIR COLOURED ITEMS IN A ROW WINS! THE FIRST PLAYER TO THREE VICTORIES IS THE WINNER!



PROGRESS: PLACE CUSHIONS TO JUMP OVER BEFORE YOU REACH THE GRID. HOP ON THE SPOT UNTIL ITS YOUR TURN!

RAINBOW TARGET SHOOTING

WHATS REQUIRED: 5 x BALLS OR ROLLED UP SOCKS
A BASKET / BUCKET / NET / TARGET

HOW TO PLAY: PLACE YOUR BALLS IN AN ARC SHAPE WHICH REPRESENTS YOUR RAINBOW (USE DIFFERENT COLOUR BALLS / SOCKS IF YOU HAVE THEM). THEN ONE AT A TIME ATTEMPT TO SHOOT AT THE TARGET FROM THE DIFFERENT ANGLES.



TRY ROLLING, THROWING AND KICKING.



MOVE YOUR TARGET FURTHER AWAY.

CHARADES

WHATS REQUIRED: PAPER AND PENS
AN ADULT OR SIBLING TO PLAY WITH

HOW TO PLAY: CREATE A SERIES OF CHARADES CARDS BY WRITING DOWN DIFFERENT SPORTS OR ACTIVE VERBS ON PIECES OF PAPER, FOR EXAMPLE: SWIM, DANCE, SERVE, SQUAT, JUMP, SKIP, JOG, ROWING, BASKETBALL, GOLF ETC. SELECT A CARD BUT DON'T SHOW YOUR OPPONENT – USE MIME TO ACT IT OUT AND SEE IF THEY CAN GUESS WHATS ON THE CARD!

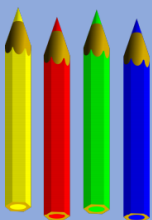


PROGRESS: HOW MANY CHARADES CAN YOU PERFORM IN 60 SECONDS? TRY AND BEAT YOUR BEST SCORE.

COLOURFUL CAPERS

WHATS REQUIRED: AN ADULT TO CALL INSTRUCTIONS
4 x PIECES OF PAPER COLOURED BLUE, GREEN, RED AND YELLOW.

HOW TO PLAY: SIGNPOST EACH WALL WITH THE PIECES OF PAPER SO YOU HAVE A BLUE WALL, GREEN WALL, RED WALL AND A YELLOW WALL. STAND IN THE MIDDLE OF THE ROOM AND PERFORM DIFFERENT MOVEMENTS ON THE SPOT, FOR EXAMPLE: JOGGING, JUMPING, HOPPING ETC BUT LISTEN OUT FOR DIRECTIONS AND WHEN YOU HEAR BLUE, GREEN, RED OR YELLOW RUN AND TOUCH THE CORRECT WALL!



PROGRESS: ASK AN ADULT TO CALL OUT COLOURED OBJECTS FOR EXAMPLE IF THEY SAY 'BANANA' YOU MUST RUN TO THE YELLOW WALL!

BOB THE BUILDERS TOWER CHALLENGE

WHATS REQUIRED: LEGO OR BUILDING BLOCKS
A FEW CUSHIONS OR TOYS TO CREATE A SMALL OBSTACLE COURSE

HOW TO PLAY: PUT YOUR LEGO / BUILDING BLOCKS AT THE ONE SIDE OF THE ROOM AND IN THE MIDDLE OF THE ROOM PLACE A FEW CUSHIONS TO JUMP OVER AND/OR TOYS TO TRAVEL AROUND. RUN OUT THROUGH YOUR OBSTACLE COURSE AND COLLECT A BLOCK THEN RETURN IT TO THE START. CARRY ON COLLECTING LEGO / BLOCKS UNTIL YOU HAVE A BUILT A TOWER!



PROGRESS: ASK AN ADULT TO TIME YOU – HOW TALL CAN YOU BUILD A TOWER IN 60 SECONDS? PLAY AGAINST SOMEONE – WHO CAN BUILD THE TALLEST TOWER?