

Home PE Activities

part 3



the Castle Point & Rochford School Sport Partnership



February/March 2021

Get Set 4 P.E.

Date (Feb /March 2021)	EYFS Activity	KS1 Activity	KS2 Activity
Monday 22nd Feb	1- Cross the Swamp	1- Air Hockey	1- At a Stretch
Tuesday 23rd Feb	2- Home base 1, 2 , 3	2- Dodge the Defender	2- Find the Rainbow
Wednesday 24th Feb	3- Magic Carpet	3- Plank Goalie	3- Squash that Balloon
Thursday 25th Feb	4- Soaky Sponges	4- Protect the Gate	4- Crabs & Scorpions
Friday 26th Feb	5- 6 in a Row	5- Team Tie	5- 5 Minute Challenge
Monday 1st March	6- Change It	6- Alphabet Scavenger Hunt	6- Capture the Socks
Tuesday 2nd March	7- Footwork Frenzy	7- High Jump	7- 10-1 Workout
Wednesday 3rd March	8- Transporter	8- Swipe	8- Remember This
Thursday 4th March	9- Stickman	9- It's All About Pace	9- Pairs
Friday 5th March	10- Squat & Shoot	10- Bottle Skittles	10- Mousetrap

Cross the swamp



What you need: Some toys and two pillows

How to play:

- Players place their toys 8m away from a start line. This could be in another room if playing indoors.
- Players imagine that the space between the start line and their toys is a swamp.
- To rescue their toys they must use the two pillows to cross the swap and retrieve one toy at a time.
- They cannot touch the swamp. How many toys can they rescue in 4 mins?

**Watch out for
the crocs!**



Air Hockey



What you need: Two players, two towels, three tupperware lids.

How to play:

- Use a flat smooth surface.
- Roll the towels up and place them 1m apart to act as the sides of the table.
- Players remain opposite one another at either end of the table.
- One tupperware lid is used as the 'puck'.
- Players have one tupperware lid each that they can use to stop and push the puck.
- Players score points by pushing the puck past their opponent.

First to 15 wins.



At a stretch



What you need: Three pieces of paper and a measuring tape (optional).

How to play:

- Begin standing on one piece of paper.

Challenge: How far away from the paper you are standing on, can you place one of the other pieces of paper?

Rules:

- You must remain in contact with the paper you are standing on throughout the challenge.
- You cannot throw or kick any of the paper.
- You cannot touch the floor around you.

Playing against someone else? Who can place the paper furthest away?



Plan, implement and reflect. You have 3 minutes to practice before you measure.

Home base 1, 2, 3



People: 2 or more

How to play:

- One person starts at a home base and counts to 60.
- All other players hide.
- Once the counter has finished counting they attempt to find the players who are hiding.
- All players who are hiding attempt to get back to the home base without being tagged by the counter.
- If they make it back to the home base, they shout 'home base 1, 2, 3.'
- The first player caught by the counter becomes the counter on the next round. If all players successfully make it home without being caught, the same counter counts again.

Dodge the defender

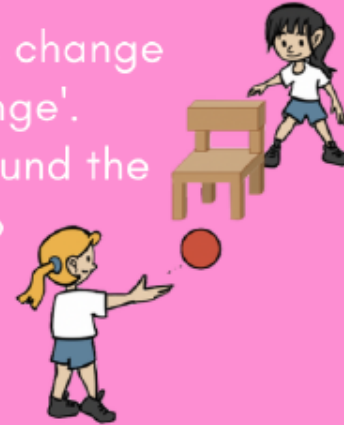


Get Set 4 P.E.

What you need: A chair and a ball or pair of socks, one or two players.

How to play:

- Imagine the chair is a defender that you need to move around. Keep facing forward as you move your feet around the chair. Work for 20 seconds in one direction and then 20 seconds in the other direction. Repeat x 3.
- Move around the chair for 30 seconds, change direction when your partner calls 'change'.
- Add in a ball. Either throw the ball around the chair by yourself and move your feet to collect it or have someone throw the ball to space around the chair for you to collect.
- Work for ten throws then rest and repeat x 4



Take quick small steps to move around the defender.


Find the rainbow



What you need: 5x5 grid. This could be paper taped to the floor or with chalk, and a picture of a rainbow.

How to play:

- Place your rainbow in the centre of the grid.
- Fill the rest of the grid with numbers from 1 - 4.
- Players try to get to the rainbow in the centre of the grid.
- Begin in the green box with number 1 and jump one jump in any direction **except diagonal**.
- Continue through the grid jumping with the number of jumps indicated on the square you are standing on until you reach the rainbow.
- Make this harder by completing the corresponding exercise for every number landed on
 1 = 1 x squat,
 2 = 2 x hops, 3 = 3 x high knees
 4 = 4 x star jumps

3	2	4	1	3
2	3	1	3	2
1	2		2	3
3	4	3	2	2
3	2	1	3	4

Magic carpet



Get Set 4 P.E.

What you need: Ten socks, one towel per player, one or more players.

How to play:

- Mark a distance of 5m - 7m and place all of the socks at one end.
- Players begin sitting on their towel at the start line opposite the socks.
- They race to collect one sock at a time and transport it back to the start line. They must not come off their towel.
- Make the carpet move by bringing your heels to your bottom and then straightening your legs as you shuffle forwards.
- Playing by yourself? How quickly can you transport the socks?
- Playing with someone else?
Who can transport the most socks?



How else can you make the carpet move?

Plank goalie

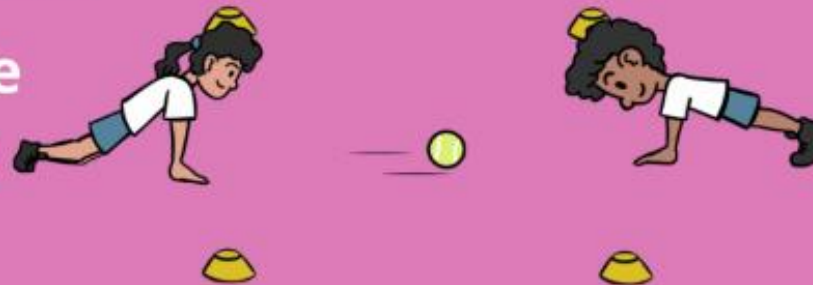


What you need: 2 or more players, four objects and a ball or pair of rolled up socks.

How to play:

- Place four objects in a rectangle formation.
- Players begin between the ends of the rectangle (their goal).
- Players must hold a plank position throughout.
- They score by rolling the ball through their opponents goal.
- Two points is awarded if their opponent drops from the plank.

Who is the first to 10 points?



Squash that balloon

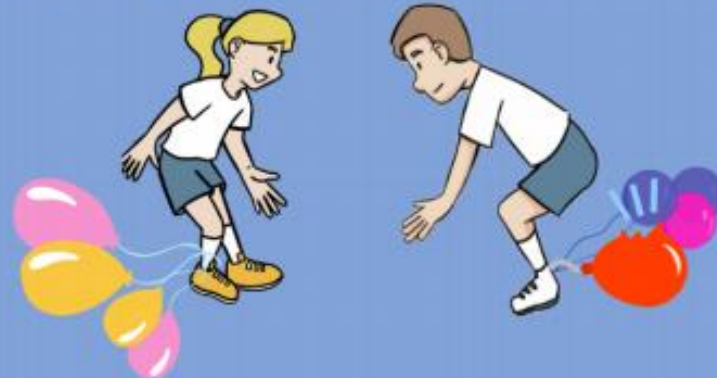


What you need: string, two players minimum and four balloons per player.

How to play:

- Players tie four balloons to their ankles using the string.
- The aim of the game is to burst your partners balloons before they squash yours.
- Top tip: move quickly to avoid being caught.

Keep on moving your feet .



Soaky sponges



What you need: two buckets, water and one sponge per player.

How to play:

- Fill one bucket up with water, place the other bucket 7m away.
- Measure the amount of water you start with.
- Playing by yourself? How much water can you transport to the empty bucket using just your sponge?
- More than one player? Have a bucket each, who can transport the most water in 3 minutes?



How will you keep the water in the sponge as you transport it?

Protect the gate



What you need: 2 players min, three objects and a ball or pair of rolled up socks.

How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. They score points by rolling the ball through the triangle.
- 6 attempts then change roles.



What was your score /6?

Crabs and scorpions



Get Set 4 P.E.

What you need: Two markers (tins, trainers etc), one player, one person to time.

How to play:

- Mark a 6m distance using two markers.
- Place 10 x socks at the start marker.
- Players must transport the socks one at a time from one marker to the other.

Rules:

They must transport the socks on their stomach on the way there (crab) and travel back on their hands and feet stomach facing down (scorpion).



How quickly can you move the socks?

6 in a row

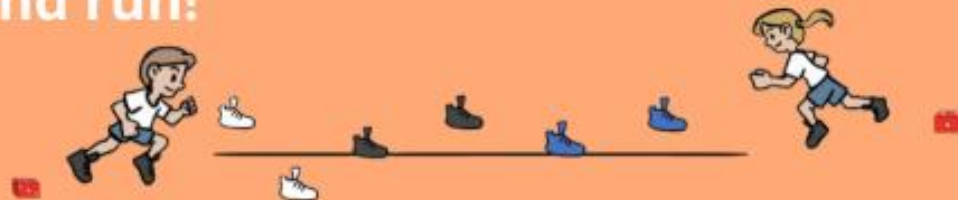


What you need: 6 shoes, two dice, a line marker e.g. dressing gown rope or a line on the floor and two or more players.

How to play:

- Place the 6 shoes in a row on the line.
- The two players begin at opposite ends of the shoes with one dice each.
- The shoes are numbered 1 – 6 from each players end so one players #6 will be their opponents #1 etc.
- Roll the dice and run to the shoe with the corresponding number. Move that shoe to the right side of the line.
- Run back to the dice and roll again.
- The winner is the player to have all 6 shoes on their right of the line, or whomever has the most shoes in 4 minutes.
- Make this easier by playing first to four shoes.

Roll and run!



Team tie



What you need: one dressing gown rope and two players minimum.

How to play:

- Players take hold of the dressing gown rope.
- As soon as they hold the rope they cannot release or move their hands (like they have glue on them).
- The aim of the game is to see how many knots the players can tie in the rope.
- Make this harder by timing yourself. How quickly can you tie one knot?
- Top tip: plan your strategy before you touch the rope.

Teamwork makes the dream work.



5 minute challenge

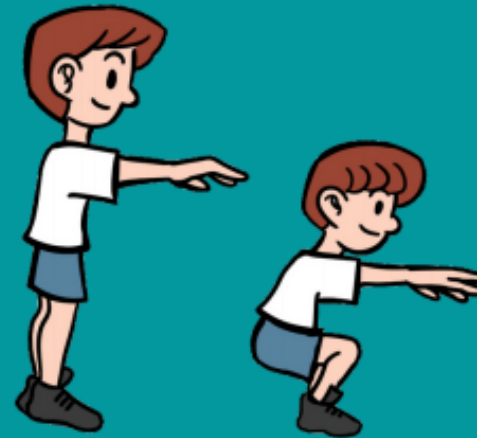


What you need: A little space and a stopwatch or clock.

How to play:

- You have 5 minutes - how many times can you complete this circuit?

- 10 x Star Jumps
- 10 x Burpees
- 10 x Press ups
- 10 x Squats



How many times did you complete the circuit?

Change it



Get Set 4 P.E.

What you need: someone to time, four cushions and three socks.

How to play:

- Place the cushions randomly in a space. Place a sock on three of the four cushions, leaving one cushion empty.
- Time one minute.
- Collect one sock from a cushion and place it on top of the empty cushion. Then collect another sock from another cushion and place it on the new empty cushion. How many socks can you move in one minute?
- Play again, can you improve your score?



**Make this harder
by moving the
cushions further apart.**



Alphabet scavenger hunt



What you need: One or more players, a piece of paper, a pen and a stopwatch / clock.

How to play:

- Find an object beginning with the letter A, bring it back to your start point and write the word of the item on your sheet.
- Continue for the entire alphabet.
- Playing against someone else? Who can complete the alphabet in the quickest time?

**How quickly can you find
the alphabet?**



Capture the socks



What you need: A basket, four pairs of rolled up socks and two players.

How to play:

- Place the socks randomly in the playing area.
- One player (the attacker) begins at the basket.
- The defender begins three big steps away.
- The attacker has six attempts to collect a pair of socks and place them into the basket.
- The defender can tag the attacker once they leave the basket and if caught the attacker must return to the basket and start again.



**How many socks
did you get in the basket?**

Footwork frenzy



What you need: 6 socks

How to play:

- Place the socks into a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below. Three times for each challenge.
 1. Run through the gaps, placing one foot in each. Go as quickly as you can.
 2. Jump two footed in each gap? Then backwards.
 3. Jump feet wide, then feet together in the gaps.
 4. Hopscotch.
 5. Rotate to turn sideways on each jump in the gaps.

Can you make up your own jumping pattern?



High jump



What you need: Lots of cushions

How to play:

- Be sure to play in a safe space clear of other objects.
- Warm up by jogging on the spot for 1 minute, 10 star jumps and 10 squats.
- Place one cushion on the floor and practise jumping over it. Be sure to bend your knees as you jump and land.
- Add another cushion to the pile and jump over both of them. Swing your arms forwards and up as you jump to help you get height.
- Continue to add cushions as you clear the jump.
- You may need to introduce a run up as the pile gets higher.



How many cushions can you jump?

10-1 workout



Complete the exercises below:

- 10 x Burpees
- 9 x Tuck jumps
- 8 x Lunges
- 7 x Star jumps
- 6 x Press ups
- 5 x Touch your toes and jump up
- 4 x Sit ups
- 3 x Squats
- 2 minute run on the spot
- 1 minute plank



Now have a go at making up your own exercise for 10-1!

Transporter



What you need: An empty box, 8 x pairs of rolled up socks, one player, one person to time.

How to play:

- The player begins lying on their back with the box at their head and the socks at their feet.
- They need to transport the rolled up socks, one at a time from their feet to the box behind their head.
- They can only use their feet to transport the socks.

**How quickly
can you
transport the socks?**



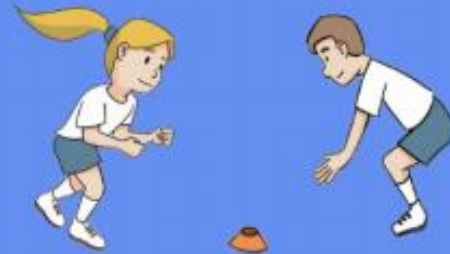
Swipe



What you need: 2 players min, one person to call the instructions and one item to swipe.

How to play:

- Players begin facing each other with the item on the floor in between them.
- Players complete the following actions called by the 'caller' and race to 'swipe' (pick up) the item on the callers command 'swipe', winning one point every time they do so:
 - Jogging on the spot
 - Star jumps
 - Hopping
 - Heel flicks
 - High knees



How quick are your reactions?

Remember this



What you need: 6 - 10 household items,
1 x towel, 1 player and 1 person to officiate.

How to play:

- The player has 30 seconds to look at the items then they close their eyes whilst the officiator covers the items with the towel.
- The player tries to recall each of the items under the towel.
- In between every guess they complete 15 seconds of an exercise of their choice.
- Make this easier by using less items to guess.
- Make this harder by giving the player just 15 guesses before they need to start the game again with new items to recall.



How will you remember the items?

Stickman



Get Set 4 P.E.

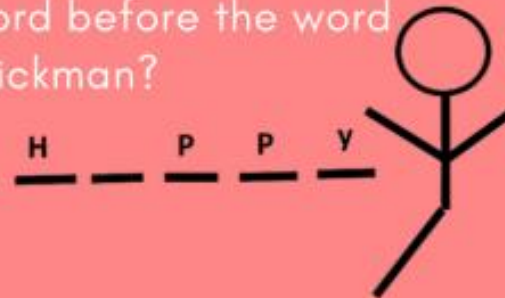
What you need: A pen and piece of paper, one player, one person to choose the words.

How to play:

- One person (the word master) chooses a word and draws lines on the paper, one for each letter.
- The player guesses a letter that could be in the word. If they are correct the word master writes the letter on the correct line.
- If the named letter is not in the word the word master draws part of a stickman and the player must complete 10 of one of the below exercises.

star jumps / hops / sit ups / jumping twists / press ups

- Can the player guess the word before the word master draws a complete stickman?
- NB. stickman to include head, body, two arms and two legs



It's all about the pace



What you need: Socks and a stopwatch or clock.

How to play:

- Mark a track around your home using the socks.
- How many times can you run around your track in 30 seconds?
- Can you double the distance if you work for 1 minute? How did that make you feel?
- Can you run your track without stopping for 6 minutes? Pace yourself to maintain a consistent speed.
- How many laps did you complete?

Notice what happens to the distance you complete when the time increases.

Pairs



What you need: a pack of cards, a marker and a timer.

How to play:

- Use half the pack. Make sure that there is a pair of each number in the cards you are using.
- Place the cards face down and begin at a marker 6m away.
- Run from your marker to the cards. Players are allowed to turn two cards over at a time.
- If they match the player can take them back to their start marker and go again.
- If the cards do not match the player must turn them back face down, run back to the start marker and go again.
- How quickly can you find the pairs?
- Repeat the game, can you beat your time?
- Make this harder by using the whole pack.



How quickly can you find the pairs?

Squat and shoot



What you need: 2 balls or pairs of socks, two pots, two plus players.

How to play:

- Each player has a ball. They begin 3-4 steps away from the pots.
- Players race to throw their ball into one of the pots. First to four successful throws wins the round.
- In between each throw you must complete 10 squats.
- In the next round change the exercise you need to complete in between the throws.



Make this easier by using a bigger pot.

Who won the most rounds?

Bottle skittles



What you need: Plastic bottles and a pair of socks

People: 1 or more

Play: Inside or outside



How to play:

- Use empty plastic bottles as skittles and set them up approx. 5m away.
- Use a pair of socks rolled into a ball and try to hit as many skittles as possible down.

Play with more people by playing against someone else and seeing how many throws it takes to knock all of the skittles over.

Mousetrap



What you need: 1 basket, 1 large bottle, a ball or pair of socks, 1 or more players.

How to play:

- Turn the basket upside down. Tilt the basket as you keep it lifted at one end by placing it on top of the bottle.
- Using your ball or rolled up socks, try to hit the bottle so that the basket drops to the floor.
- Playing with a partner? Who can knock the mousetrap down first?
- Make this harder by standing further away when you make the throw.
- Then try balancing the basket with different items such as a trainer or some toilet rolls.

How's your aim?

