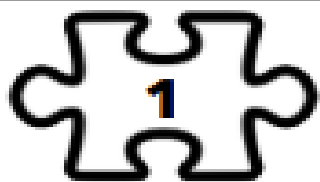


# ONE PIECE AT A TIME



- Colour in the three puzzle pieces below using a different colour for each.
- Every day choose an activity from each box or one of your own. We will also be tweeting an idea each day.
- Once you have completed an activity, colour in one piece with the same number and colour on your smiley face puzzle.

Can you complete the puzzle by 19<sup>th</sup> March?



## PHYSICAL

- Play a Get Set 4 PE Active Family Game ★
- Learn a new skill
- Go for a walk
- Make a den
- Ride a bike
- Dance
- Skip



## GIVING BACK

- Ask someone how their day was
- Do something for someone else
- Write a letter to a friend
- Play with a sibling
- Call a relative
- Tidy up



## SELF-CARE

- Learn something new
- Mindful breathing
- Draw or colour
- Listen to music
- Read a book
- Play a game
- Cook

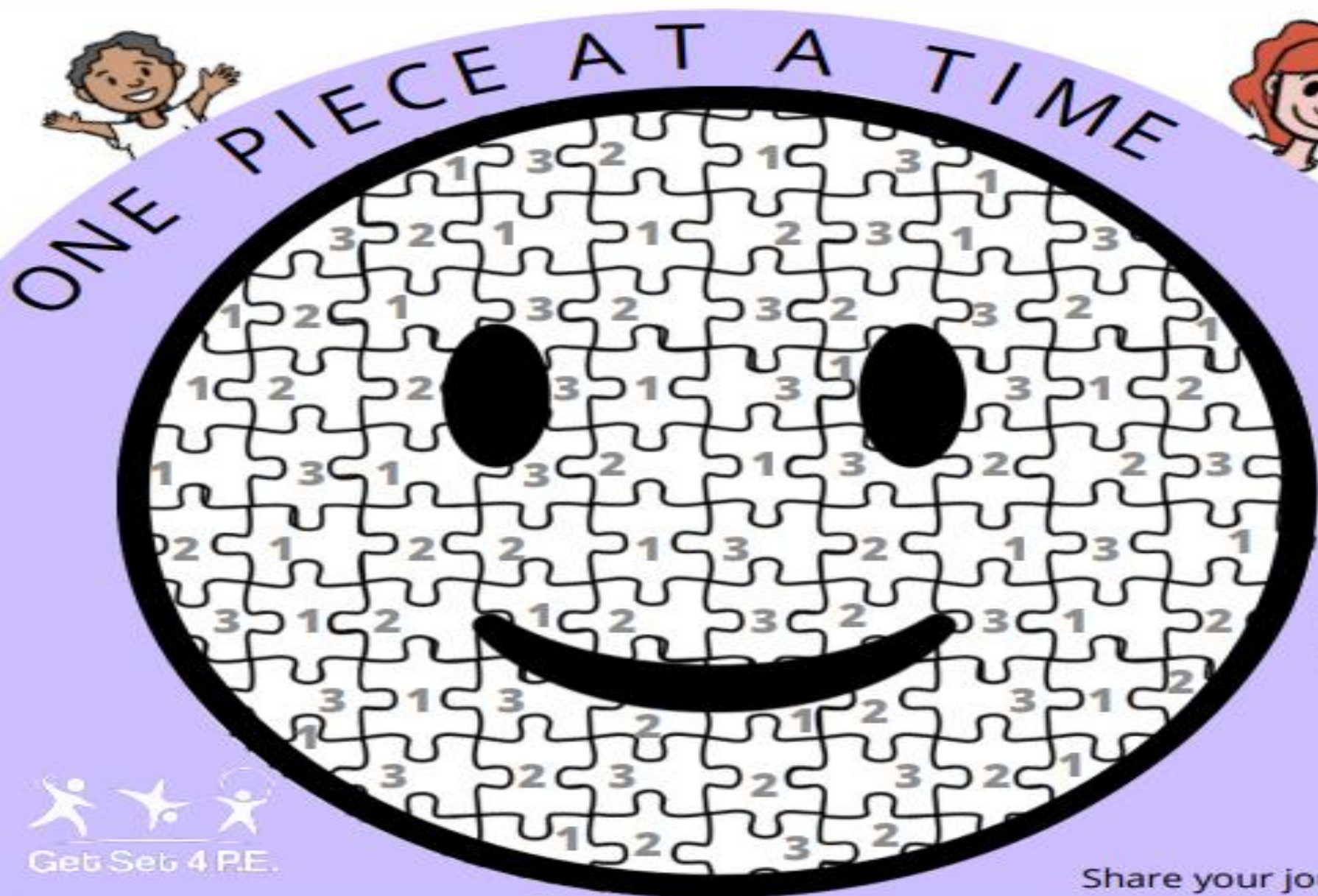


★ Visit [www.getset4pe.co.uk](http://www.getset4pe.co.uk) to find the 'Active Family' games.

**We would love to see your journey.**

**Tweet us so that we can share in your smiles: @getset4pe**

We would love to see your journey.  
Tweet us so that we can share in your smiles: @getset4pe



PHYSICAL  
GIVING BACK  
SELF-CARE



Life is a giant puzzle.  
Every day we need  
to piece together all of  
the things that help to  
make us smile.



Get Set 4 P.E.

Share your journey with us: @getset4pe

# Physical ideas



PHYSICAL

# Balloon Challenge



Get Set 4 P.E.



- **What you need:** One balloon and one marker.
- **Task 1:** Keep the ball up in the air by using your hands.
- **Challenge 1:** Place a marker 2m away from the balloon. Hit the balloon up in the air then run back to your marker, then sprint back to hit your balloon up again. How many times can you hit your balloon before it touches the floor?
- **Task 2:** Keep the balloon up in the air, you must touch it with a different body part each time.
- **Challenge 2:** Repeat challenge one, this time you must touch your balloon with a different body part each time.
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @getset4pe

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1

# Dance Express

- Select between 5 - 8 dance actions. These could be some of your own, or you can take ideas from the list below.  
Slide    Kick    Jump    Roll    Extend  
Turn    Spin    Balance    Tilt    Twist
- Practise the actions over and over, you could even decide on a number of counts to do for each action.
- Choose your favourite song and see if you can repeat your dance for the entire song.
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @getset4pe



PHYSICAL



# Juggling



Get Set 4 P.E.

- Try these challenges to help you start learning how to juggle. You could use rolled up pairs of socks if you haven't got balls. How many challenges can you do?

1. Throw up one ball and catch with two hands. How many can you do without dropping it?
2. Throw up one ball and catch with one hand. Try with your other hand. How many can you do without dropping it?
3. Have a ball in each hand. Throw up the ball in your right hand and catch with your right hand. Then throw up the ball in your left hand and catch with your left hand. How many can you do without dropping the balls? How quickly can you do it?
4. Start with a ball in each hand. Throw up the ball in your right hand then straight away throw up the ball in your left hand and catch so that your balls switch hands. How many can you do without dropping them?

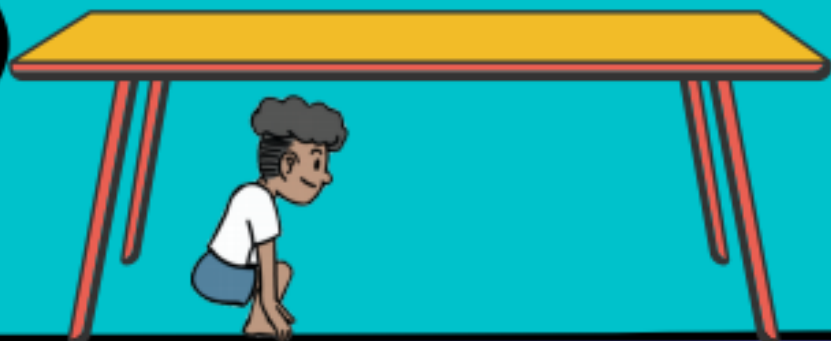
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @getset4pe

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PHYSICAL

# Obstacle Course



Get Set 4 P.E.

- Set up an obstacle course using household items.
- Climb over chairs, crawl under tables, jump over dressing gown ropes, hop from pillow to pillow, crawl through a cardboard box, throw a pile of socks into a laundry basket, etc.
- Time yourself and try to beat your time throughout the day.
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @getset4pe

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PHYSICAL

# Target practise



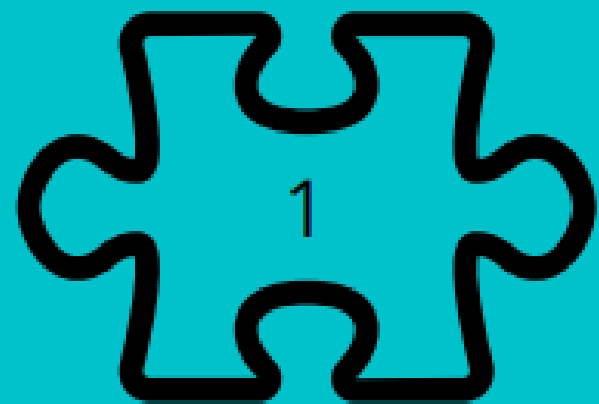
Get Set 4 P.E.

- Create yourself targets using items of clothing. Place your items of clothing out at different distances and assign each item a certain number of points (items furthest away are worth more points).
- To score points, you have to roll a ball so that it stops on your target.
- You have five attempts to score as many points as you can.
- Can you beat your score?
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @getset4pe

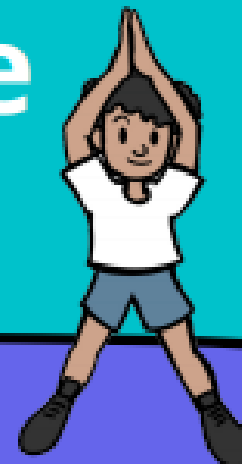
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PHYSICAL



# The 100 Game



Get Set 4 P.E.

- Select an exercise of your choice.
- Complete 100 of your named exercise throughout the day.
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @getset4pe

Exercise could include:

Star jumps

Press ups

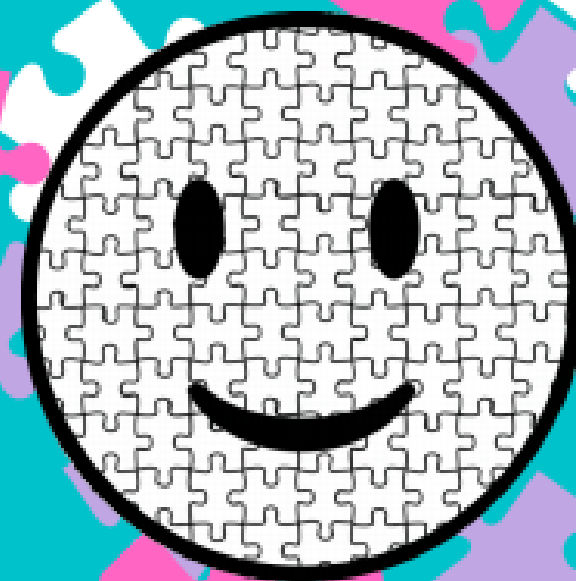
Sit ups

Lunges

Burpees

Squats

Want to make this harder? Make it the 200 game.



PHYSICAL



# Through the gap



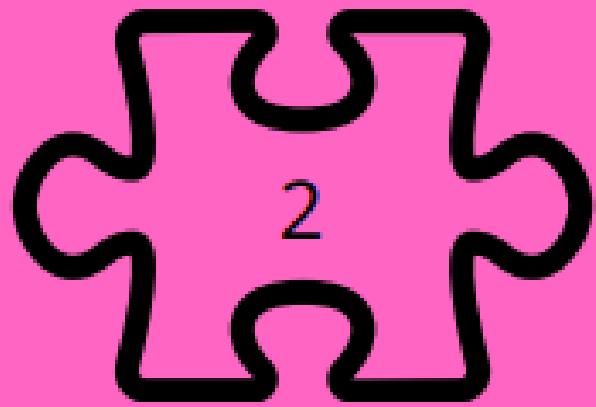
Get Set 4 P.E.

- Interlace your fingers.
- Step through the gap you have made in your arms so that your hands are behind you. Tip: you'll have to move one foot at a time.
- Step back through the gap in your arms so that your arms are back in front of you.
- Challenge: how many times can you do this in 1 minute? Repeat the game later in the day. Can you beat your score?
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @getset4pe



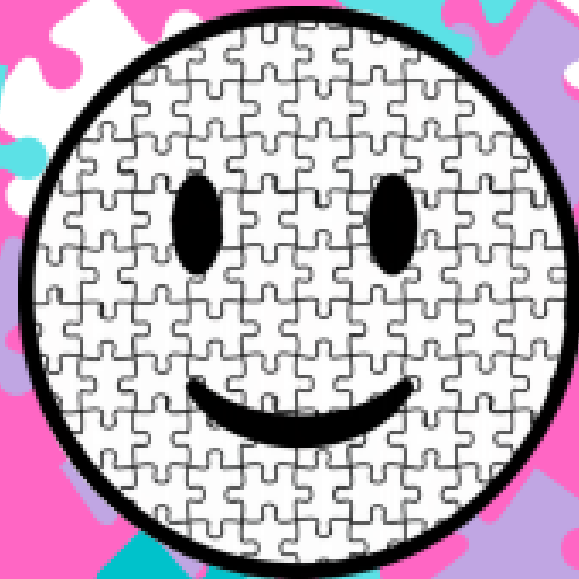
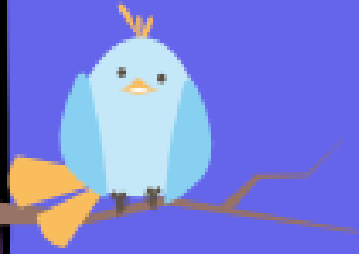
# Giving back ideas





# Feed the Birds

- Take some bird food with you, either to your garden or on a walk.
- Colour in one of your #2 puzzle pieces.
- Tweet how you are getting on @getset4pe



GIVING BACK



## Help with dinner



Get Set 4 P.E.



- Ask an adult if you can help them to make the dinner.
- You may be given a role in the kitchen, asked to help set the table or tidy up afterwards. Whatever you are asked to help with, add a wonderful smile to the job.
- Colour in one of your #2 puzzle pieces.
- Tweet how you are getting on @getset4pe



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GIVING BACK

# Kindness rocks!



Get Set 4 P.E.



- Gather and clean some small rocks.
- Paint them with messages about kindness e.g. 'choose kindness' or 'have a great day'.
- Whilst out on a walk, hide the rocks for other children to find and brighten up their day!
- Colour in one of your #2 puzzle pieces.
- Tweet how you are getting on @getset4pe



GIVING BACK

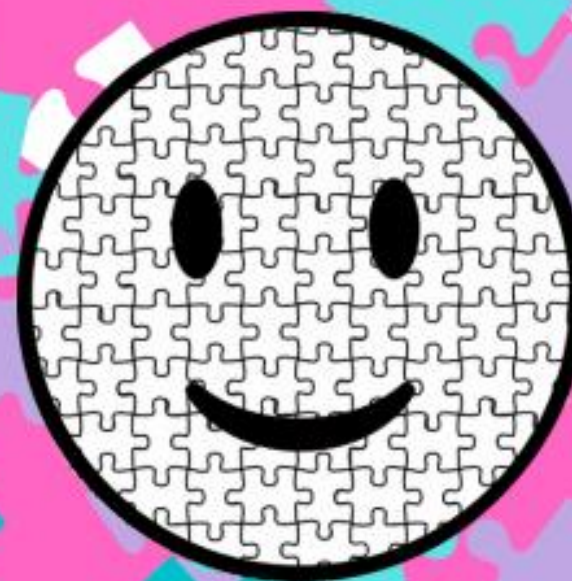


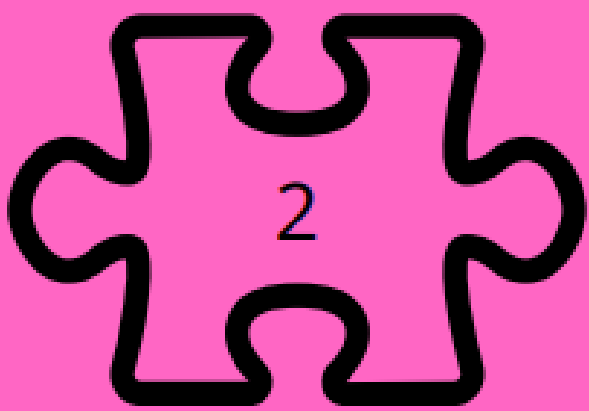
# Laughter is the best medicine



- Making someone laugh can be such a lovely gift.
- Plan your best joke and share it with as many people as you can.
- How many people can you make laugh today?
- Colour in one of your #2 puzzle pieces.
- Tweet how you are getting on @getset4pe

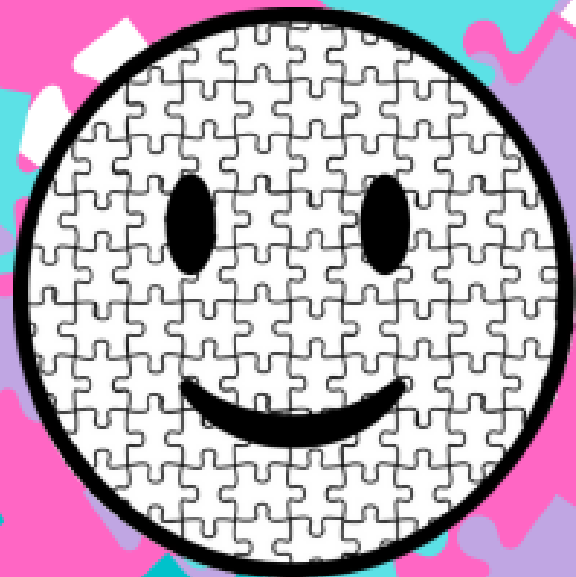
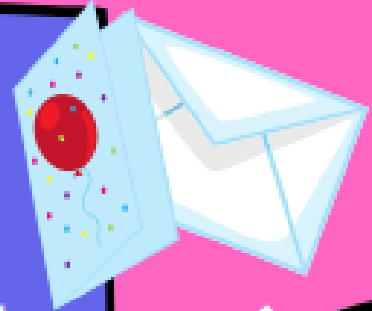
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# Sent with love

- Make someone a card. It could be for any reason at all, their birthday, because they are a good friend or just to say hi.
- I find using an old cereal box gives my cards a good shape when folded. Stick some paper to the decorated side and get creative.
- Post it or take a picture to send it to them.
- Colour in one of your #2 puzzle pieces.
- Tweet how you are getting on @getset4pe



GIVING BACK

# Toy box



Get Set 4 P.E.

- Fill a box with any toys or books that you no longer play with or have grown out of.
- Ask an adult to help you to donate your box to a charity or give it to a younger friend.
- Colour in one of your #2 puzzle pieces.
- Tweet how you are getting on @getset4pe



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GIVING BACK



## What a picture



Get Set 4 P.E.

- Think of someone you know who you could draw a picture for.
- Draw a picture just for them. Maybe think of the some of their favourite things that you could include in your picture.
- Send your picture to your friend.
- Colour in one of your #2 puzzle pieces.
- Tweet how you are getting on @getset4pe



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# Self-Care ideas



SELF-CARE



# Write a diary



Get Set 4 P.E.

- Take ten minutes out of your day to write a diary.
- You could write about things that you have done, things that you have achieved, the people you have spent time with or maybe something that you found challenging and want to overcome.
- Colour in one of your #3 puzzle pieces.
- Tweet how you are getting on @getset4pe



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SELF-CARE



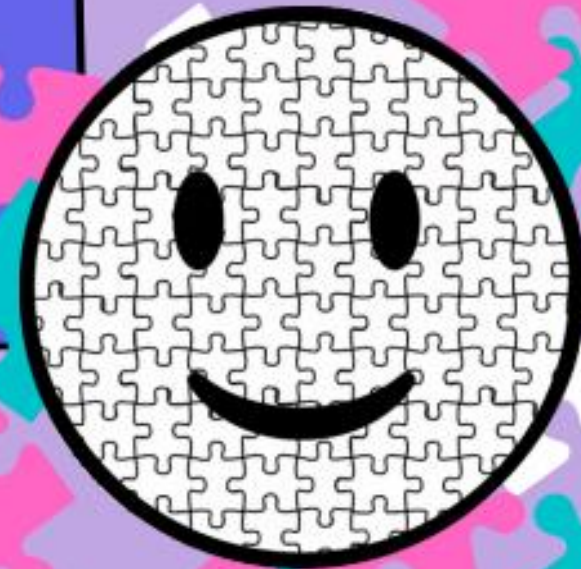
Try  
something  
new



Get Set 4 P.E.

- Try something new. This could be a new language, instrument or hobby.
- Colour in one of your #3 puzzle pieces.
- Tweet how you are getting on @getset4pe

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# The Grateful Game

Being grateful unlocks the fullness of life.  
It turns what we have into enough.



Get Set 4 P.E.

3

- Ask a family member to play the game with you.
- Write down three things you are grateful for and share them.
- Colour in one of your #3 puzzle pieces.
- Tweet how you are getting on @getset4pe

- 1 *My warm home.*
- 2 *My lovely dogs, Ivan and Ginger.*
- 3 *My Mum's cooking.*



SELF-CARE



# Mindful colouring



Get Set 4 P.E.

- Print off the mindful colouring sheet attached, or choose one of your own.
- Put on some calm music and take your time to carefully colour in the pictures.
- Notice the colours that you choose and how your pencil moves carefully between the lines.
- Colour in one of your #3 puzzle pieces.
- Tweet how you are getting on @getset4pe



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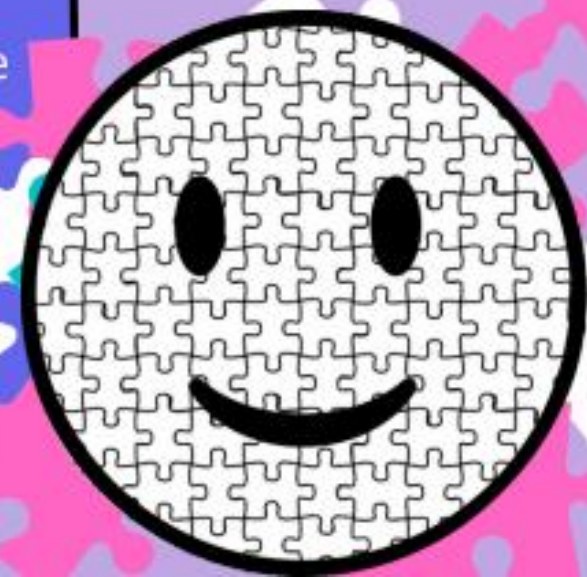
## Make some music



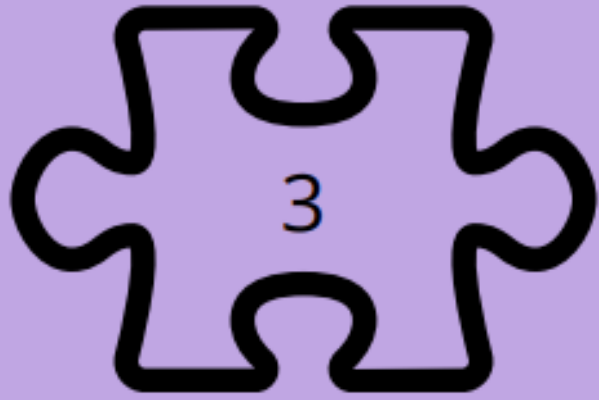
Get Set 4 P.E.



- Go on a sound collection hunt through the house and garden.
- Do you have pans and tins that make a metal sound? Hit them with your hands or find something else to strike them with such as a wooden/metal spoon. Put together a set of different containers, play them very quietly and see how they sound.
- Maybe there are some surfaces around the house that make good sounds too. How about using your hands on a wooden door, like a drum. What other surfaces do you have in your house?
- Collect together all of the instruments you have found. Now make some music. How will your music begin? What will happen in the middle? How will it end?
- Colour in one of your #3 puzzle pieces.
- Tweet how you are getting on @getset4pe



SELF-CARE



# Hand Breath



Get Set 4 P.E.

- Close your mouth and breathe in and out through your nose.
- Hold out your left hand.
- With the index finger of your other hand trace the fingers of your left hand.
- Breathe in as you trace up a finger, breathe out as you trace down a finger.
- Continue a few times through all fingers.
- Colour in one of your #3 puzzle pieces.
- Tweet how you are getting on @getset4pe

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SELF-CARE

# Challenge accepted



Get Set 4 P.E.

- Set yourself a goal. It could be learning to button your shirt or tie your shoelaces. It could be that you want to learn a new song on your guitar. It could be that you want to learn to skip.
- Write or draw your goal, write something that is going to help you to achieve that goal and write a date next to it for when you want to have achieved it. Check back in and see if you are on track!
- Colour in one of your #3 puzzle pieces.
- Tweet how you are getting on @getset4pe

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