the Castle Point & Rochford School Sport Partnership

Canvey Infants – Lesson 1 – Superheroes

Video link for a PE lesson with Mrs Barefoot. This week's theme is 'Superheroes'.

https://www.youtube.com/watch?v=SYyIYPuoaMg&feature=youtu.be

Other PE activities you could try this week…

EYFS

Activity 1

Cross the swamp

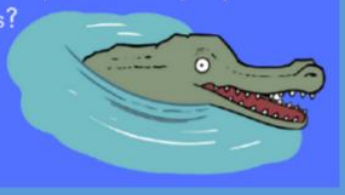
Get Set 4 P.E.

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!



EYFS

Activity 2

Home base 1, 2, 3

Get Set 4 P.E.

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.

EYFS

Activity 3

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?

EYFS

Activity 4

Soaky sponges

Get Set 4 P.E.

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?

EYFS

Activity 5

6 in a row

Get Set 4 P.E.

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!