

## Walk the plank



Get Set 4 PE.

**What you need:** dressing gown ropes and 2 x balls of socks.

**How to play:**

Create a path using the dressing gown ropes.

- Challenge 1: Can you walk the plank without touching the floor? Now try walking backwards.
- Challenge 2: Can you walk the plank whilst balancing a ball of socks on your head?
- Challenge 3: Can you walk the plank whilst throwing and catching a ball of socks, to yourself or to and from a partner.
- Challenge 4: Can you walk the plank whilst balancing the ball of socks on your head and throwing and catching with the other pair of socks?
- Challenge 5: Can you walk the plank whilst throwing and catching one pair of socks in one hand to yourself, whilst throwing and catching the other pair of socks with a partner?



## Add it on



Get Set 4 PE.

**What you need:** Music

**People:** 2 or more

**Play:** Inside

**How to play:**

- One person shows everyone else a dance move.
- The others copy the move.
- The next person shows everyone a dance move.
- Everyone does the first move and then adds on the next move and so on.



## 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.*

Equipment: none

## How to play:

The traditional "Simon says" game but using the loveable Peppa Pig characters!

Peppa says...



Touch your toes.

Peppa says...



Wiggle around.

Peppa says...



Do a silly dance.

Peppa says...

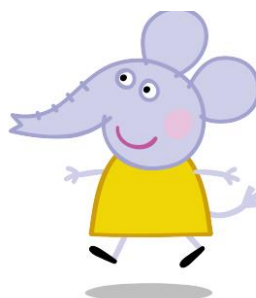


Stand on your tiptoes.



Skip in a circle.

Peppa says...



Run side to side.

## Challenges:

- What other moves can you come up with other than the 6 above? Think about the characters in Peppa Pig and who would you link that new move to?

**STEP principle of coaching/teaching-** helps to engage, challenge and motivate everyone by altering one or more of the principles

**S**pace - Use the length of your lounge or bedroom for when you are moving around being in character

**T**ask – Can you remember the move and do them again, but better this time?

**E**quipment – Can you allocate each move to a number on a dice and play it that way?

**P**eople – can you challenge a family member to join in or to suggest some new moves?

# Farm Yard Fun

Agility

Equipment: none

## How to play:

- ✓ A adult says an animal command.
- ✓ The child quickly thinks about how that animal moves and mimics the animals movements.
- ✓ Add animal noises and actions – be as creative as possible.

Example;

Horse – galloping

Chicken – flapping their wings

Donkey – on hands kicking legs behind

Pig – rolling in mud

Cow – walking on all fours

Tractor – moving arms in a big circle like wheels



Skill Tip: Children may need prompting with ideas or video clips

## Challenges:

- Expand to other things you would find on the farm – move like corn in the field, be still like a scarecrow, move hands like a combine-harvester, etc.....

**STEP principle of coaching/teaching-** helps to engage, challenge and motivate everyone by altering one or more of the principles

**S**pace - Use a larger or smaller space to move around.

**T**ask – Add in direction change e.g. move backwards like a chicken, sideways like a horse galloping, etc...

**E**quipment – Place objects randomly on the floor for children to move around.

**P**eople – Play against a family member; who is the quickest to get into the next movement.