

BALLOON VOLLEYBALL

Hand-eye co-ordination

Equipment: a round balloon

How to play:

- Get a parent/carer to blow up a balloon for you (circular ones are easiest for this game, and the more air in, the easier it is for the child as it travels through the air more slowly)
- Try playing inside first (once you have cleared a space and made sure there is nothing that can be knocked over or fell on!)
- Can you keep the balloon off the floor and up in the air?
- Can you use just your hands to control the balloon?
- Now try it outside- but not on a windy or wet day!!



Skill Tip: Keep your eyes on the balloon! Try and only gently push it into the air using your finger tips

Challenges:

- Use other body parts to keep the balloon off the floor- maybe your head or your feet?
- How many touches can you do before the balloon touches the floor?

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

Space - Try and limit the space you are playing in.

Task – Can you use a time limit to add pressure on yourself? How many can you do in 10 seconds?

Equipment – Use a smaller balloon if it is too easy!

People – Once you have mastered playing on your own, try and keep a rally going with a family member

FIND 3 THINGS THAT ARE.....

Fitness

Equipment: none

How to play:

- A parent/carer says “find three things that are..... red”
- The child quickly looks around the room to find three things that are red
- Go through colours, shapes, textured, made of plastic or start with letters of the alphabet
- Extend onto multiple rooms in your house or even the garden

Example of plastic items:



Example of red items:



Example of round/circular items:



Skill Tip: Children may need prompting for the items- to start with you may want to get some items visible to get the game going

Challenges:

- Ask the children to come up with the categories and put them into a hat/bowl and pull them out
STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - Limit the game to one room to start with and then expand to more rooms

Task – Try combining 2 categories of the object, e.g. red and plastic

Equipment – Suggest once they have brought an item once, they can't bring it again

People – Play against a friend/family member so there is timed pressure



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Activity 6

Plank challenge



Get Set 4 P.E.

What you need: A little space and someone to time.

How to play:

- Ask someone to time you whilst you hold a plank position.
- Hold the plank with your hands flat on the floor and your shoulders over your hands. Squeeze your stomach muscles so that your hips stay in a straight line.
- Have a go at different times throughout the day and try to beat your time.

**Keep your mind strong.
You've got this!**



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Activity 7

Plank goalie



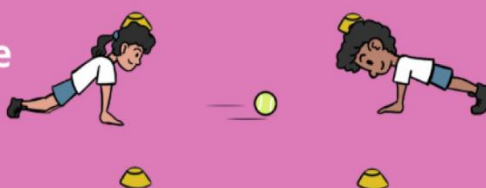
Get Set 4 P.E.

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?



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Activity 8

Plane in flight



What you need: A sheet of newspaper, an A4 sheet of paper, a pen, masking tape, scissors and an adult to help you cut.

How to play:

- Draw circles of different sizes on the sheet of newspaper. Then ask an adult to help you cut them out.
- Make a paper aeroplane with the A4 paper (have fun finding how to make this on the internet).
- Tape your newspaper so that it hangs in a doorway and name each of the holes after a country.
- Stand 3m away and throw your aeroplane so that it travels through every country.

What countries will you visit?

