

## Traffic lights



**What you need:** an adult to call the instructions.

**How to play:**

- Children imagine they are getting in their car, putting their seatbelt on and holding their steering wheel.
- They complete the instructions said by the adult e.g.
- Green light: jog around
- Red light: stop
- Yellow light: sit down
- Roundabout: spin in a circle
- Speed bumps: jump up and down
- Zebra crossing: lie in a straight shape
- Reverse: walk backwards



**Have a go at making up your own. You could even include different gears for different speeds.**

## Spiders web



Get Set 4 P.E.

**What you need:** Masking tape, toilet roll, three objects and a timer.

### How to play:

- Using a doorway or hallway create a web by taping toilet roll to the walls in various directions.
- Place three objects on one side of the web and begin on the other.
- Time how long it takes for you to climb through the web and retrieve the items. You can only retrieve one item at a time.
- Make this harder by adding on 5 seconds if you break a sheet of the web.
- Playing by yourself? How quickly can you retrieve the items?
- Playing with someone else?  
Who can complete the task in the quickest time?



**Make this harder by banning the use of some of the holes in the web.**