

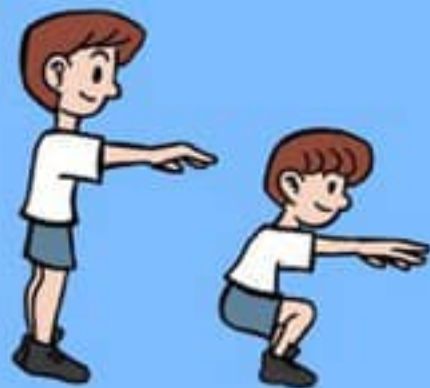
Squat and shoot



What you need: 2 balls or pairs of socks, two pots, two plus players.

How to play:

- Each player has a ball. They begin 3-4 steps away from the pots.
- Players race to throw their ball into one of the pots. First to four successful throws wins the round.
- In between each throw you must complete 10 squats.
- In the next round change the exercise you need to complete in between the throws.



Make this easier by using a bigger pot.

Who won the most rounds?

First to 50



What you need: a dice and 1 or more players.

How to play:

- Roll the dice and complete the action specified.
1 = 1 x burpee. 2 = 2 x press ups. 3 = 3 x sit ups.
4 = 4 x lunges. 5 = 5 x squats. 6 = 6 x star jumps
- Roll the dice again and add the number to your previous roll so that you keep a running total.
- Continue until you reach 50.
- Playing with someone else? Who can roll 50 first?
- Playing by yourself? How quickly can you roll 50?
- Make this harder by subtracting 5 when you roll a 5.

Change the target number or exercises and play again.



Skipping challenges



What you need: A skipping rope or a dressing gown rope (tie two together if you need to make it longer)

Challenge 1:

How many consecutive skips can you complete?

Challenge 2:

Can you skip 5 times on your right foot and then 5 times on your left foot?

Challenge 3:

Can you skip with high knees, one foot and then the other?

Challenge 4:

Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.

Challenge 5:

Can you skip backwards?

Land on the balls of your feet and keep your knees bent.



Footwork frenzy



What you need: 6 socks

How to play:

- Place the socks into a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below. Three times for each challenge.
 1. Run through the gaps, placing one foot in each. Go as quickly as you can.
 2. Jump two footed in each gap? Then backwards.
 3. Jump feet wide, then feet together in the gaps.
 4. Hopscotch.
 5. Rotate to turn sideways on each jump in the gaps.

Can you make up your own jumping pattern?



Spelling bee



What you need: The alphabet written on individual pieces of paper. An item to be your start marker. One player and one person to choose the words.

How to play:

- Place the alphabet 6m away from the start marker.
- One person calls a word for the player to spell.
- The player must run up and touch each letter to spell the named word. If they spell it wrong they must go back to the start marker and begin again.
- Make this harder by asking the player to complete one star jump for each letter of the word before they start, so for 'smile' the player would need to do 5 x star jumps.
- Make this harder by asking the player to run back to their start marker after each letter they touch.

**How many words
can you spell in 3 minutes?**



Indoor golf



What you need: Markers, these could be toilet rolls, tins, bottles etc. A ball or pair of rolled up socks per player, a frying pan, a pen and a piece of paper.

How to play:

- Create your golf course by placing two markers in each room of your home. Place the markers 0.25m apart to create a gate or 'hole'.
- Begin at the opposite end of the room. Using your frying pan, count how many attempts it takes for you to hit your ball through the hole.
- You cannot move the ball with your hands.
- Write down how many hits it took for you to get the ball through each hole and add up your total at the end.
- Playing with someone else? Who can complete the course with the least number of hits?
- Playing by yourself? Can you complete the course again and complete it with less hits?



How many hits will it take you?

Newspaper dance



What you need: 1 or more players, a sheet of newspaper per player, a music track and someone to press stop.

How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays children move off their newspaper and dance around the space.
- When the music stops children stand on their newspaper. They are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until they cannot stand without going out of the boundary.



How will you balance?

Hit it to win it



Get Set 4 P.E.

What you need: Household items, a ball or rolled up socks

How to play:

- Place the household items out at varying distances.
- Begin behind a designated line and roll or throw your ball to hit one of your items.
- When successful retrieve the item you hit.
- Playing against someone else? Who can collect the most items?
- Playing by yourself? How quickly can you retrieve all items?
- Make this harder by allocating 2 points for items that are smaller or placed further from your start line.

Take aim!



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?

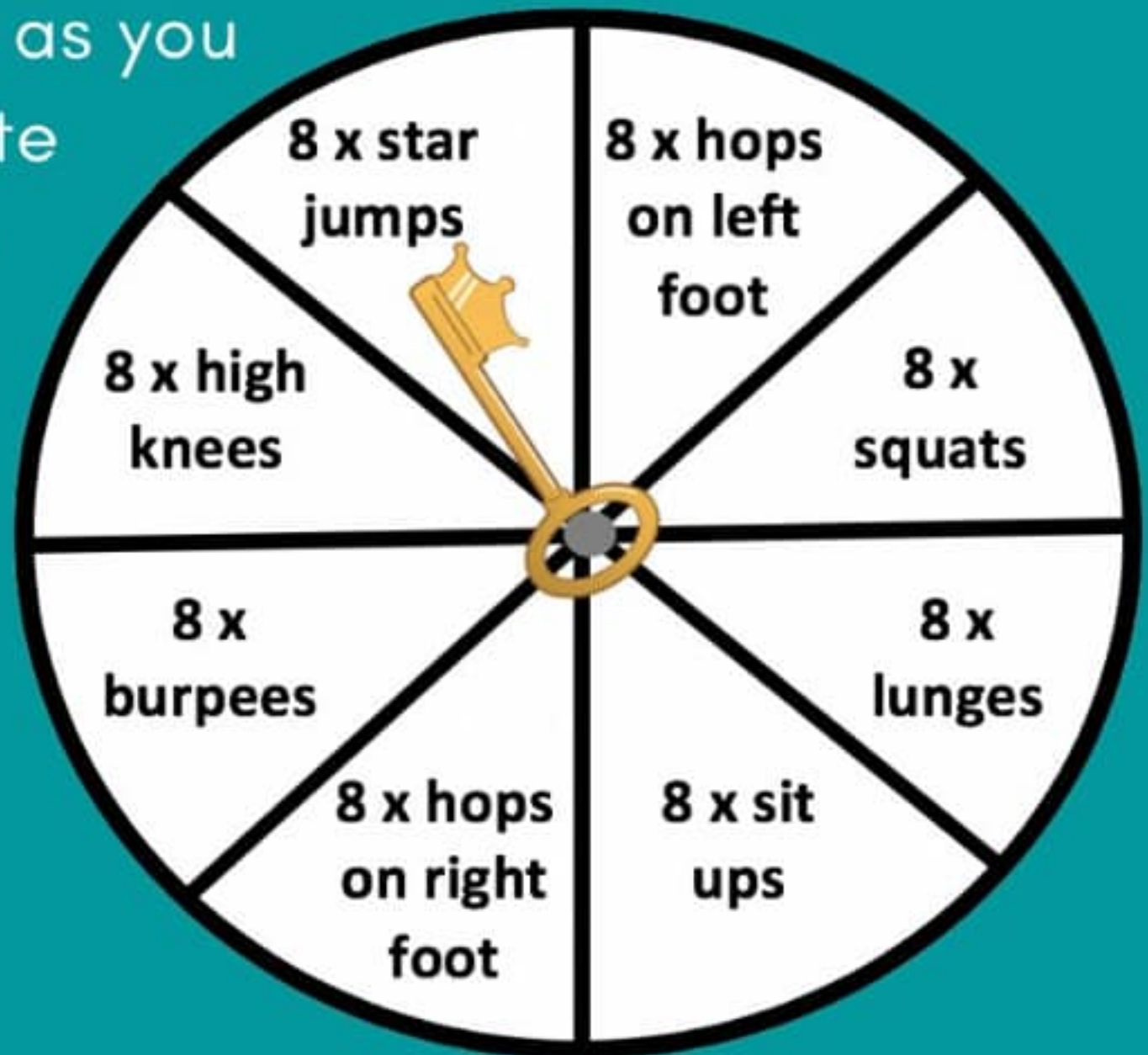
Unlock the circle



What you need: a piece of paper, a pen and a key

How to play:

- Draw a circle on the paper and divide it into 8 sections.
- Write an exercise in each section.
- Place the key in the centre of the circle and hold it there by placing the pen inside the key hole.
- Keep holding the pen as you spin the key. Complete the exercise that the key lands on.
- Keep going until you complete the circle.
- Make this easier by completing 8 spins.



**How many spins
will it take you?**

Noughts and crosses



What you need: 2 players min, three black socks, three white socks and nine markers.

How to play:

- Place the markers to create a 3x3 grid (9 boxes).
- One player uses the white socks, the other the black socks.
- Players begin 6m – 8m away from the grid. They take one sock at a time and place it somewhere on the grid. Then run back to collect another sock and repeat.
- If all three socks have been used players can move a sock that has been placed out but must run back to the start in between each move.
- The winner is the first to have three socks in a row.



Make your decision as you are running.

Find the rainbow

What you need: 5x5 grid. This could be paper taped to the floor or with chalk, and a picture of a rainbow.

How to play:

- Place your rainbow in the centre of the grid.
- Fill the rest of the grid with numbers from 1 - 4.
- Players try to get to the rainbow in the centre of the grid.
- Begin in the green box with number 1 and jump one jump in any direction **except diagonal**.
- Continue through the grid jumping with the number of jumps indicated on the square you are standing on until you reach the rainbow.
- Make this harder by completing the corresponding exercise for every number landed on
1 = 1 x squat,
2 = 2 x hops, 3 = 3 x high knees
4 = 4 x star jumps

3	2	4	1	3
2	3	1	3	2
1	2		2	3
3	4	3	2	2
3	2	1	3	4

Long jump

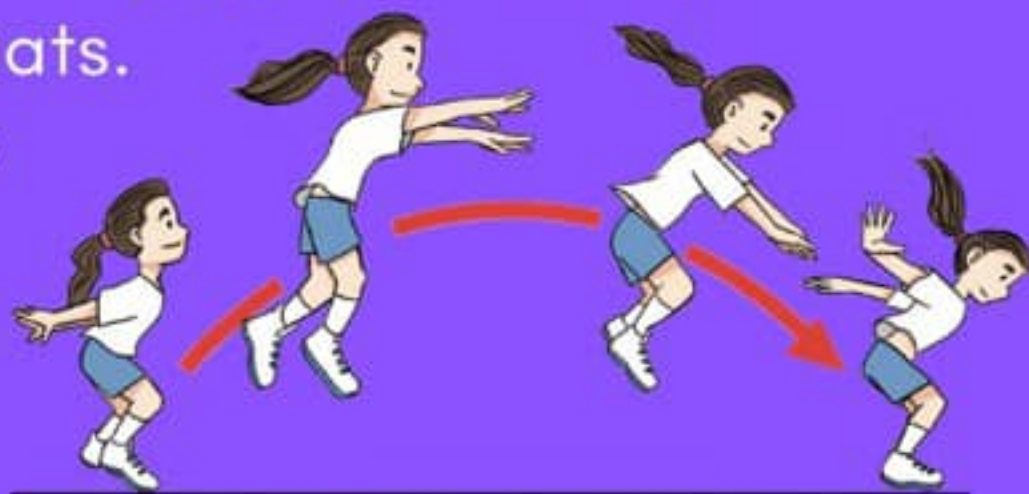


world record attempt

What you need: A measuring tape.

How to play:

- The standing long jump world record is held by Byron Jones, who recorded a jump of 3.73 m
- Warm up with 1 minute jogging on the spot followed by ten squats.
- Then see how many jumps it takes for you to reach the same distance.



How many jumps does it take for you to reach 3.73m?

Shadow tag



What you need: A sunny day, two plus players, two socks (optional)

How to play:

- First, find your shadow. Change direction and explore the effect it has on your shadow. Discuss with a family member how the angle of your shadow is effected by the location of the sun.
- Try chasing your own shadow.
- Select one player to begin as the tagger. They tag other players by stepping on their shadow. Once caught players change roles.
- Playing with just two players? First to three tags wins that round. First to win 5 rounds wins the game.
- Change the game by allowing players to throw socks at the shadow instead of stepping on them.

Can you catch a shadow?



Mousetrap



What you need: 1 basket, 1 large bottle, a ball or pair of socks, 1 or more players.

How to play:

- Turn the basket upside down. Tilt the basket as you keep it lifted at one end by placing it on top of the bottle.
- Using your ball or rolled up socks, try to hit the bottle so that the basket drops to the floor.
- Playing with a partner? Who can knock the mousetrap down first?
- Make this harder by standing further away when you make the throw.
- Then try balancing the basket with different items such as a trainer or some toilet rolls.

How's your aim?

