

Hi there! I hope you are all looking after yourselves during the break we have from school. It is going to be important during this time for you to keep exercising at home especially as you are not having your usual PE lessons at school. Below, are some challenge cards for exercises you can do at home or in the garden. If possible, try to exercise for 15-30 minutes a day - it will help beat the boredom too!

As well as the things I have listed below, you could just put some of your favourite songs on and dance to those!

I hope you enjoy these and if you find anything else that is enjoyable and good for getting you active at home, let me or your teacher know so we can share it with everyone.

Take care,

Mr Smith 😊

Joe Wicks (AKA The Body Coach) is going to do home PE lessons from 9am - 9:30am live every day on his YouTube channel - don't worry if you don't get on at 9, you can replay the video. Search The Body Coach TV on YouTube to find his channel.

In school, we use *Get Set 4 PE* during our PE lessons and they have created some new activities for you to try in a social distanced manner. If you are interested in trying some different activities then visit the following link:

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

Additional activities from *Get Set 4 PE* have been included below.

As always in PE, make sure you are doing things safely: do a warm-up and make sure you have plenty of space. For a warm-up, you could jog on the spot for 1-2 minutes and then do some stretches.



Get Set 4 P.E.

Twister

What you need: 10 x items e.g. pairs of rolled up socks or cones, one person to time.

How to play:

- The player begins sitting on the floor with the items in front of them.
- They need to pick up one item with their feet and twist on their bottom to place the item behind them.
- Players can only transport one item at a time.
- If all 10 items have been moved within the time, players can continue to add to their score by moving them back.

EYFS

How many items can you move in 1 minute?

-
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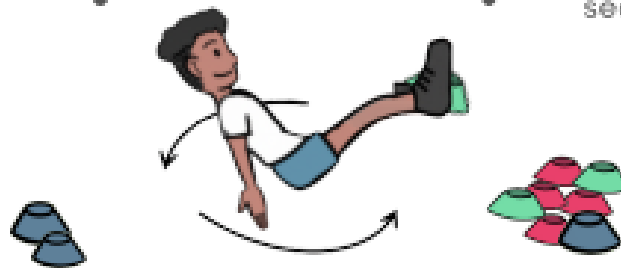
KS1

How many items can you move in 1 minute 30 seconds?

-
-
-
-
-
-

KS2

How many items can you move in 1 minute 30 seconds?



The Rainbow Games Values

Determination
Honesty
Accountability



The Rainbow Games



Get Set 4 P.E.

Star challenge

What you need: 6 x markers and someone to time.

How to play:

- Mark out a star shape with five markers, place one marker in the centre of the star.
- Space each marker 1m from the centre marker.
- How many times can the player hop to each of the star points and back to the centre in the time specified below.
- Each time a player hops to a point of the star and back to the centre, they receive one point.

EYFS

How many points of the star can you hop in 1 minute?

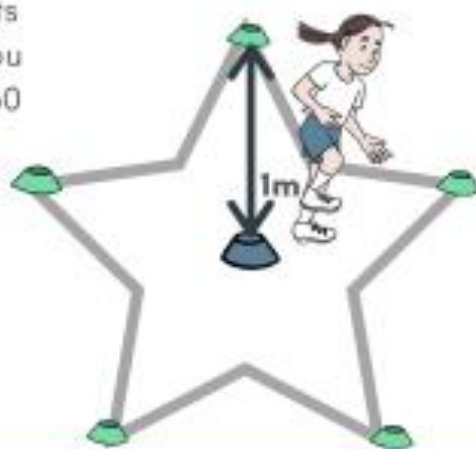


KS1

How many points of the star can you hop in 1 minute 30 seconds?

KS2

How many points of the star can you hop in 2 minutes?



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Get Set 4 P.E.

Mighty memory

What you need: 7 - 15 random items.

How to play:

- Place the number of items listed below out on a table or on the floor.
- Allow the player to look at the items for 1 minute.
- Players then turn their back to the items.
- They guess one item at a time that they have seen.
- In between each guess they must complete a number of star jumps.
- Players can only guess incorrectly three times, after which they record the number of items they guessed correctly.

EYFS

Use 7 items and complete 5 star jumps in between guesses.

KS1

Use 10 items and complete 7 star jumps in between guesses.

KS2

Use 15 items and complete 10 star jumps in between guesses.



Keys?

The Rainbow Games Values

Determination
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The Rainbow Games



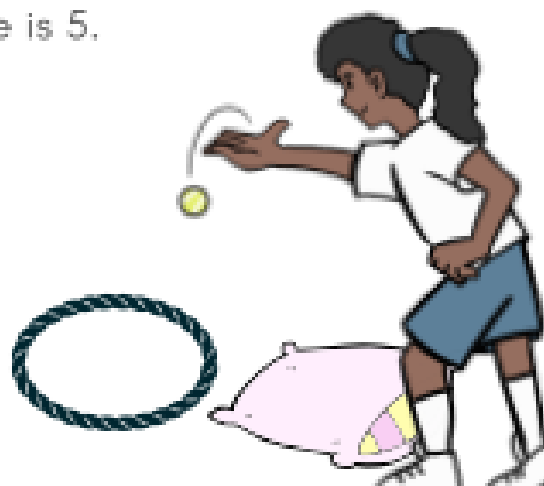
Get Set 4 P.E.

Pot of gold

What you need: 1 x pair of rolled up socks or a small ball, one dressing gown tie or hoop. 1 x pillow.

How to play:

- Create a circle out of the dressing gown tie or use the hoop.
- Place the pillow next to the hoop and stand this distance away.
- Throw the socks or ball into the hoop.
- For every successful throw, players add another pillows distance and attempt to throw from here.
- Players have a maximum of three attempts from each spot and record their furthest pillow distance e.g. I moved my pillow back 5 times so my score is 5.



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Honesty
Accountability



The Rainbow Games



Get Set 4 P.E.

Run the rainbow

What you need: 7 x items (1 item for each colour of the rainbow), 1 x start marker and one person to time.

How to play:

- Place your items 5m away from a start marker.
- Run to one of the items and back to your start marker for one point.
- Keep going, running to a different item each time.
- How many times can you do this in the time specified below?

EYFS

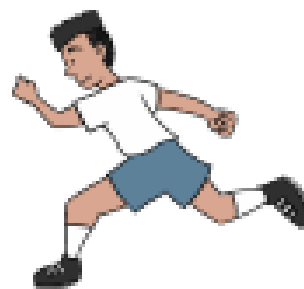
How many items can you run to in 1 minute?

KS1

How many items can you run to in 1 minute 30 seconds?

KS2

How many items can you run to in 2 minutes?



5m



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The Rainbow Games

