



Get Set 4 P.E.

HOME PE ACTIVITIES



DATE (JAN 2021)	EYFS ACTIVITY	KS1 ACTIVITY	KS2 ACTIVITY
MONDAY 4TH	1-SOCKS IN POTS!	1-WHAT'S THAT WORD?	1-SQUAT & SHOOT
TUESDAY 5TH	2-WHAT'S THE TIME MR WOLF?	2-MOUSETRAP	2-SPELLING BEE
WEDNESDAY 6TH	3-TRAFFIC LIGHTS	3-NOUGHTS & CROSSES	3-RED OR BLACK?
THURSDAY 7TH	4-SPIDER'S WEB	4-PAIRS	4-ROLLERBALL
FRIDAY 8TH	5-SARDINES	5-RALLY	5-SWIPE
MONDAY 11TH	6-PLANK CHALLENGE	6-STICKMAN	6-TEAM TIE
TUESDAY 12TH	7-PLANK GOALIE	7-REMEMBER THIS!	7-PROTECT THE GATE
WEDNESDAY 13TH	8-PLANE IN FLIGHT	8-ROCK, PAPER, SCISSORS	8-WALK THE PLANK
THURSDAY 14TH	9-MAGIC CARPET	9-TAILS	9-MULTIPLICATION CIRCLE
FRIDAY 15TH	10-I SPY	10-TRANSPORTER	10-UNLOCK THE CIRCLE



Socks in pots!



What you need: 3 pairs of socks and 3 or more pots or pans



How to play:

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.

Play with more people by seeing who can score the most points. The first person to ten points is the winner.

What's that word!



What you need: Your house members.

How to play:

- As a household choose three words that are going to be your 'what's that' words for the day e.g. can, you and TV. Choose words that are said quite often in your household to make the game harder!
- Choose appropriate exercises for each member of your household e.g. mum might want to do star jumps, brother might want to do squats etc.
- Every time a 'what's that' word is said, the person who said it must complete 10 of their chosen exercises. Don't forget to remind them by saying:
- Make this harder by increasing the exercises to 15.



Stay alert!

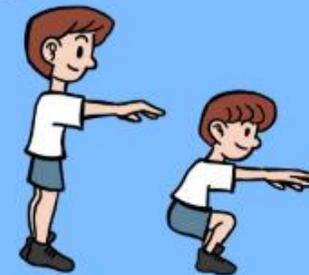
Squat and shoot



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?

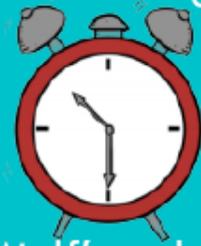
What's the time

Mr Wolf?

People: 2 or more

How to play:

- One person begins as 'Mr Wolf' and starts facing away from everyone else approx. 8m away.
- Everyone asks 'What's the time Mr Wolf?' Mr Wolf calls out a time.
- Whatever time is called is the number of steps you are allowed to take towards Mr Wolf.
- If Mr Wolf calls 'dinner time!' then everyone must try to run away from Mr Wolf. Whoever is caught becomes Mr Wolf in the next round.



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?



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?**



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.

Noughts and crosses



Get Set 4 P.E.

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.

Red or black?



What you need: A pack of cards.

How to play:

- One player guesses whether the first card will be red or black.
- If they are correct they get to guess if the next card will be higher or lower than the first.
- If they are correct they get to guess if the next card will be a number in between the first to cards or a number outside of the first two cards.
- If they are correct they win one hand.
- If they are wrong at any stage they complete 10 x of an exercise of their choice and the game begins again.
- The game ends when the player has won 10 x hands.



Red or black / higher or lower / in or out?

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?



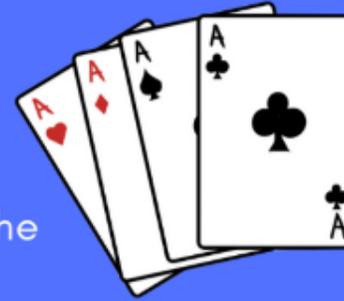
Make this harder by banning the use of some of the holes in the web.

Pairs



Get Set 4 P.E.

What you need: a pack of cards, a marker and a timer.



How to play:

- Use half the pack. Make sure that there is a pair of each number in the cards you are using.
- Place the cards face down and begin at a marker 6m away.
- Run from your marker to the cards. Players are allowed to turn two cards over at a time.
- If they match the player can take them back to their start marker and go again.
- If the cards do not match the player must turn them back face down, run back to the start marker and go again.
- How quickly can you find the pairs?
- Repeat the game, can you beat your time?
- Make this harder by using the whole pack.

How quickly can you find the pairs?



Roller ball



What you need: 2 or more players, two objects for markers and a ball or pair of rolled up socks.

How to play:

- Place two markers 5m apart. One player begins standing next to one of the markers. They are the 'roller.' They roll the ball out in any direction and then run to the other marker and back as many times as they can.
- Each time they reach a marker they score one point.
- The other player must retrieve the ball and place it back on the start marker as quickly as possible.
- 4 turns then change over.



Who has the highest score?

Sardines



People: 3 or more

How to play:

- One person hides.
- All other players count to 60 together, they are the seekers.
- The seekers attempt to find the hider.
- If they find the hider, they hide with them.
- The last person to find everyone hides first on the next round.

Rally



Get Set 4 P.E.

What you need: a ball or rolled up pair of socks, a hardback book and one or more players.

How to play:

- Count how many times you can hit the ball up to yourself using your book. Try to keep the ball in the centre of the book for good control.
- Can you do this standing on one foot?
- If you have another player, how many times can you send the ball to each other before it hits to floor?
- Make this easier by using socks, or by allowing the ball to bounce once in between hits.
- Make this easier by one person using a book and the other their hands.



What was your highest score?

Swipe

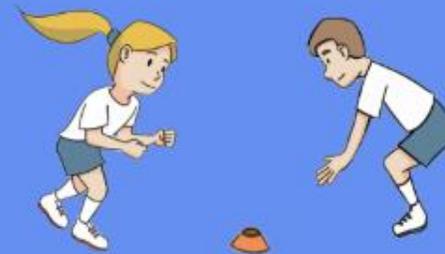


Get Set 4 P.E.

What you need: 2 players min, one person to call the instructions and one item to swipe.

How to play:

- Players begin facing each other with the item on the floor in between them.
- Players complete the following actions called by the 'caller' and race to 'swipe' (pick up) the item on the callers command 'swipe', winning one point every time they do so:
 - Jogging on the spot
 - Star jumps
 - Hopping
 - Heel flicks
 - High knees



How quick are your reactions?

Plank challenge



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!**



Stickman



Get Set 4 P.E.

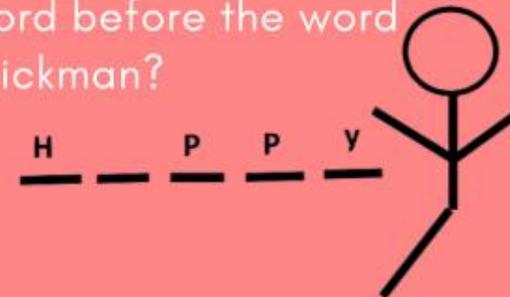
What you need: A pen and piece of paper, one player, one person to choose the words.

How to play:

- One person (the word master) chooses a word and draws lines on the paper, one for each letter.
- The player guesses a letter that could be in the word. If they are correct the word master writes the letter on the correct line.
- If the named letter is not in the word the word master draws part of a stickman and the player must complete 10 of one of the below exercises.

star jumps / hops / sit ups / jumping twists / press ups

- Can the player guess the word before the word master draws a complete stickman?
- NB. stickman to include head, body, two arms and two legs



Team tie



Get Set 4 P.E.

What you need: one dressing gown rope and two players minimum.

How to play:

- Players take hold of the dressing gown rope.
- As soon as they hold the rope they cannot release or move their hands (like they have glue on them).
- The aim of the game is to see how many knots the players can tie in the rope.
- Make this harder by timing yourself. How quickly can you tie one knot?
- Top tip: plan your strategy before you touch the rope.



**Teamwork makes
the dream work.**

Plank goalie

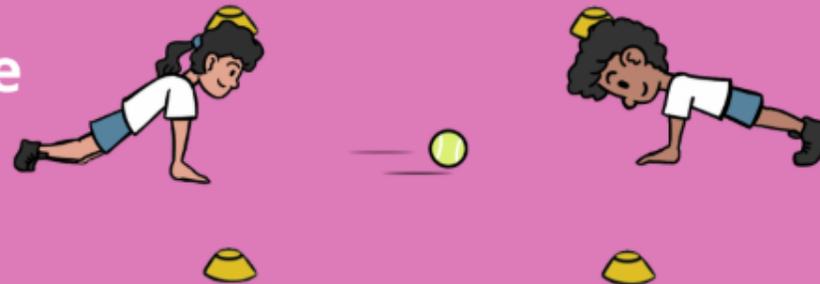


What you need: 2 or more players, four objects and a ball or pair of rolled up socks.

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?



Remember this



What you need: 6 - 10 household items,
1 x towel, 1 player and 1 person to officiate.

How to play:

- The player has 30 seconds to look at the items then they close their eyes whilst the officiator covers the items with the towel.
- The player tries to recall each of the items under the towel.
- In between every guess they complete 15 seconds of an exercise of their choice.
- Make this easier by using less items to guess.
- Make this harder by giving the player just 15 guesses before they need to start the game again with new items to recall.



How will you remember the items?

Protect the gate



What you need: 2 players min, three objects and a ball or pair of rolled up socks.

How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. They score points by rolling the ball through the triangle.
- 6 attempts then change roles.



What was your score /6?

Plane in flight

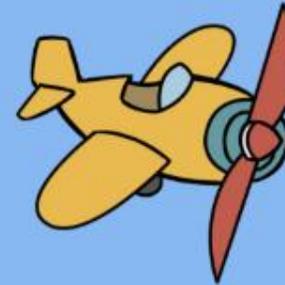


What you need: A sheet of newspaper, an A4 sheet of paper, a pen, masking tape, scissors and an adult to help you cut.

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?**



Rock, paper, scissors



People: 2

How to play:

- Face each other and jump on the spot three times before jumping on the fourth jump either with your feet landing together to represent 'rock', jump with your feet straddled wide to represent 'paper', or jump with your feet one forwards and one back to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.



Walk the plank



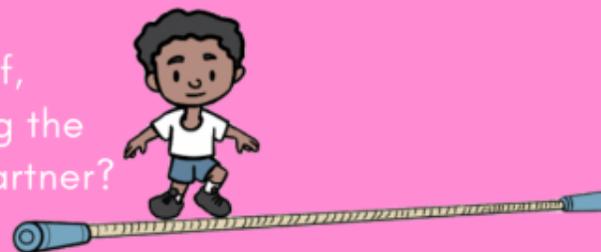
Get Set 4 P.E.

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?



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?

Tails



What you need: 2 players min and a pairs of socks per player.

How to play:

- Each player tucks the socks into the back of their trousers to make two tails.
- Players face each other and try to take a sock from their opponent.
- When successful, shout 'TAG'. Play stops whilst the tagger places the additional sock into their trousers.
- The winner for each round is the person who gets all four socks, they get one point for winning the round.

**Who is the first to
5 points?**



Multiplication circle



Get Set 4 P.E.

What you need: someone to call the numbers and 10 items.

How to play:

- Place the items in a large circle.
- The player begins in the middle of the circle.
- Someone calls a number between 1 - 10. The player must collect the number of items called from the outside of the circle and place them in the middle of the circle.
- Players can only move one item at a time.
- After a few rounds make this harder by adding a multiplication question to the game e.g. 7 would mean the player must place 7 items in the centre of the circle leaving three on the outside. The player must then call the answer to 7 x 3. They return all the items to the outside to begin again.

$7 \times 3 = 21$

How quickly can you move the items?

I spy...



Head to the park and play eye spy with a twist along the way. 'I spy something beginning with T', players race to be the first to touch something beginning with the letter T.



Transporter

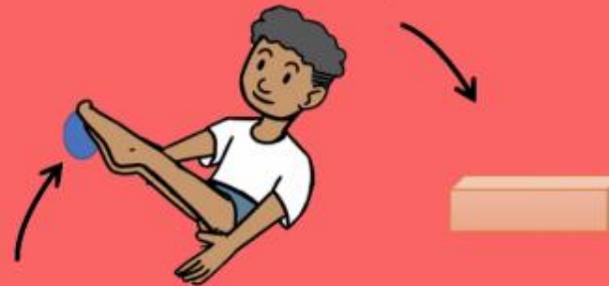


What you need: An empty box, 8 x pairs of rolled up socks, one player, one person to time.

How to play:

- The player begins lying on their back with the box at their head and the socks at their feet.
- They need to transport the rolled up socks, one at a time from their feet to the box behind their head.
- They can only use their feet to transport the socks.

**How quickly
can you
transport the socks?**



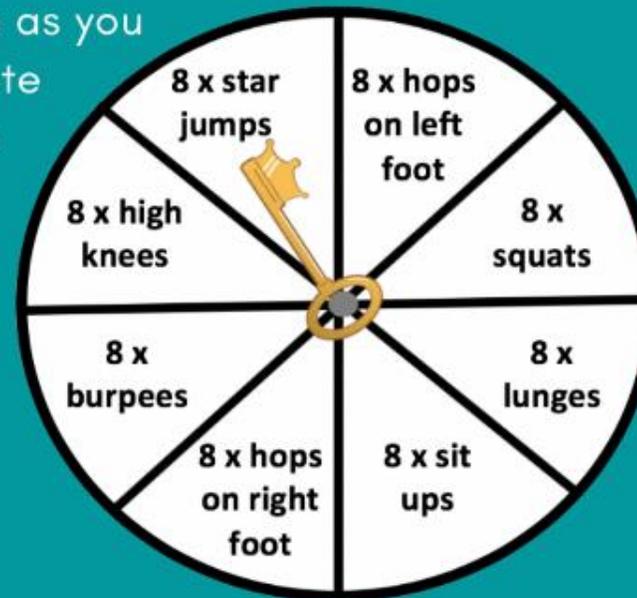
Unlock the circle



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?