

# Yr 3/4 Rainbow Challenge

Can you complete the rainbow?



Alphabet scavenger hunt

Bottle skittles

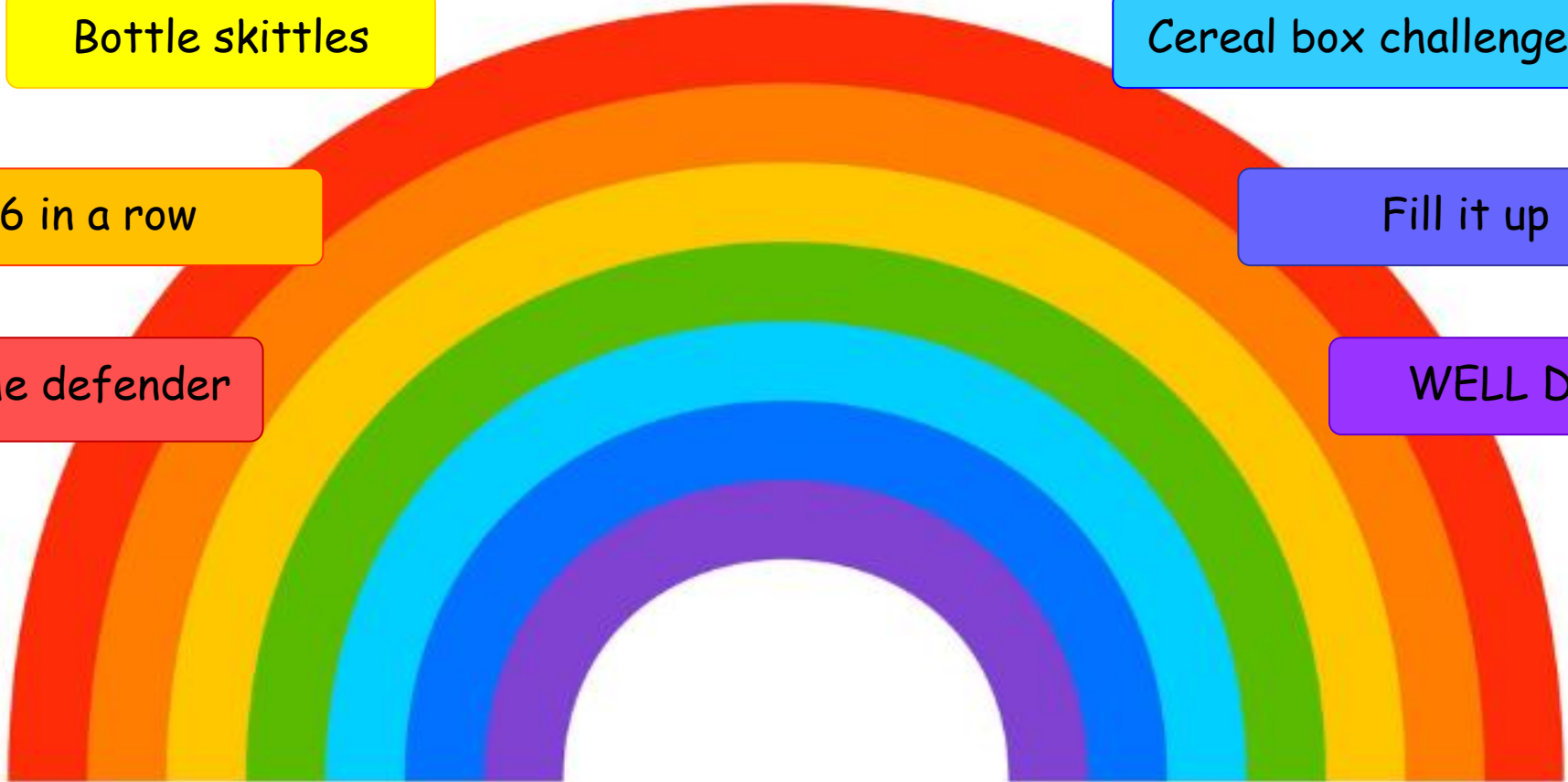
Cereal box challenge

6 in a row

Fill it up

Dodge the defender

WELL DONE!



# Dodge the defender



**What you need:** A chair and a ball or pair of socks, one or two players.

## How to play:

- Imagine the chair is a defender that you need to move around. Keep facing forward as you move your feet around the chair. Work for 20 seconds in one direction and then 20 seconds in the other direction. Repeat x 3.
- Move around the chair for 30 seconds, change direction when your partner calls 'change'.
- Add in a ball. Either throw the ball around the chair by yourself and move your feet to collect it or have someone throw the ball to space around the chair for you to collect.
- Work for ten throws then rest and repeat x 4



**Take quick small steps to move around the defender.**

# 6 in a row

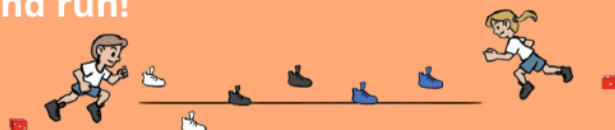


**What you need:** 6 shoes, two dice, a line marker e.g. dressing gown rope or a line on the floor and two or more players.

## How to play:

- Place the 6 shoes in a row on the line.
- The two players begin at opposite ends of the shoes with one dice each.
- The shoes are numbered 1 - 6 from each players end so one players #6 will be their opponents #1 etc.
- Roll the dice and run to the shoe with the corresponding number. Move that shoe to the right side of the line.
- Run back to the dice and roll again.
- The winner is the player to have all 6 shoes on their right of the line, or whomever has the most shoes in 4 minutes.
- Make this easier by playing first to four shoes.

## Roll and run!



Get Set 4 P.E.

# Bottle skittles

**What you need:** Plastic bottles and a pair of socks

**People:** 1 or more

**Play:** Inside or outside



## How to play:

- Use empty plastic bottles as skittles and set them up approx. 5m away.
- Use a pair of socks rolled into a ball and try to hit as many skittles as possible down.

*Play with more people by playing against someone else and seeing how many throws it takes to knock all of the skittles over.*

# Alphabet scavenger hunt



**What you need:** One or more players, a piece of paper, a pen and a stopwatch / clock.

## How to play:

- Find an object beginning with the letter A, bring it back to your start point and write the word of the item on your sheet.
- Continue for the entire alphabet.
- Playing against someone else? Who can complete the alphabet in the quickest time?

**How quickly can you find the alphabet?**



# Cereal box challenge



**What you need:** an empty cereal box, one or more players.

## How to play:

- Place the cereal box on the floor.
- Pick the cereal box up using only your mouth.
- Nothing but your feet can touch the floor.
- If successful tear an inch from the top of the cereal box and play the game again.
- Repeat the challenge, taking an inch from the box each time.
- Top tip: hold onto your leg/s to help you to balance



**How low can you go?**

# Fill it up



**What you need:** Six socks and two pots

## How to play:

- Players have one pot each that they place 6m apart. Place six socks in the centre.
- Players start at their pot and run to the middle, taking one sock back to their pot. Continue until there are no socks left in the middle, then run to your opponents pot to collect one sock at a time.
- Who is the first to have 5 socks in their pot?
- Playing by yourself? From a pile of socks 6m away, how many can you get into your bucket in 1 minute?



**Take small steps so that you can change direction quickly.**