

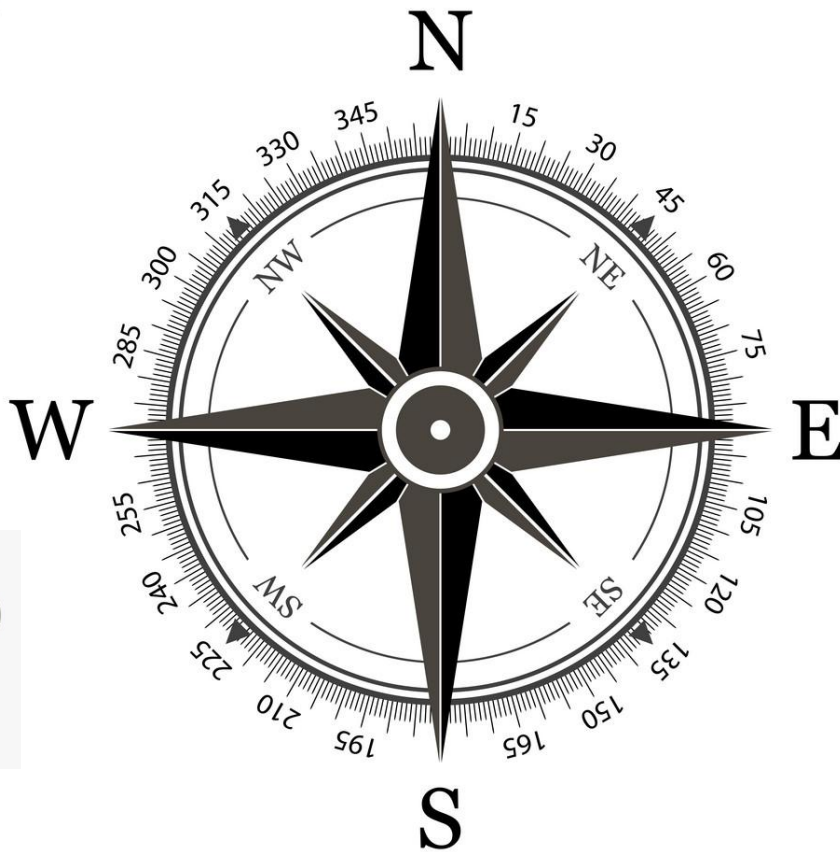
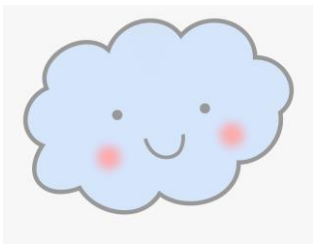
## WHICH DIRECTION WILL YOU CHOOSE TODAY?



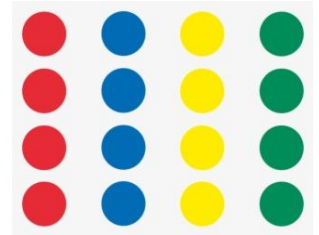
### SKIPPING CHALLENGE



### FLYING HIGH



### TWISTER



### ROCK, PAPER, SCISSORS





Get Set 4 P.E.

## Flying high

**What you need:** 10 items, 2 pillows or base stations (clouds), a start line and someone to time.

### How to play:

- Place the items a set distance from the start line.\*See distance listed below.
- The player begins at the start line.
- They can collect one item at a time using only the clouds (pillows or base stations), to cross the sky to the items.
- How many items can they retrieve in a set time?

#### EYFS

Place the items 3m away. How many can they retrieve in 3 minutes?

#### KS1

Place the items 5m away. How many can they retrieve in 3 minutes?

#### KS2

Place the items 7m away. How many can they retrieve in 4 minutes?



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## Skipping challenge

**What you need:** One skipping rope per pupil.

### How to play:

- Children begin standing in their own space and have a go at the following challenges.
- 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?
- Challenge 6:** Can you make up your own challenge and then teach everyone else?



### Considerations:

- Ensure children are spaced 2m apart.
- Make this easier by completing the jumps without a rope or in a long rope turned by someone else.



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## 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

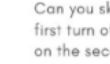
How many items can you move in 1 minute?

#### KS1

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

#### KS2

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



Get Set 4 P.E.

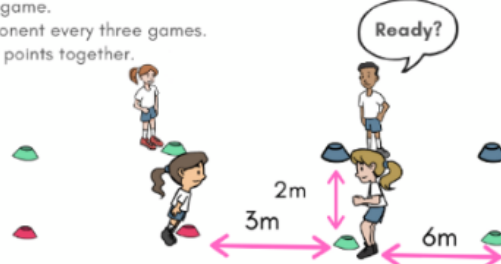
## Rock, paper, scissors

**What you need:** two cones or chalk or lines on the playground per player.

### How to play:

- Split your group into two teams.
- Children stand at their marker 2m opposite one player from the opposing team.
- Players jump on the spot three times before jumping on the fourth jump either with their feet landing together to represent 'rock', feet landing straddled wide to represent 'paper', or landing with feet one forwards and one backwards to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.
- After each game all players turn and run to the marker behind them and back before playing another game.
- Rotate your opponent every three games.
- Teams add their points together.

First team to 15 wins.



### Considerations:

- Ensure children are spaced out the appropriate distance apart.
- Select one pupil from the group to add their teams totals together.

