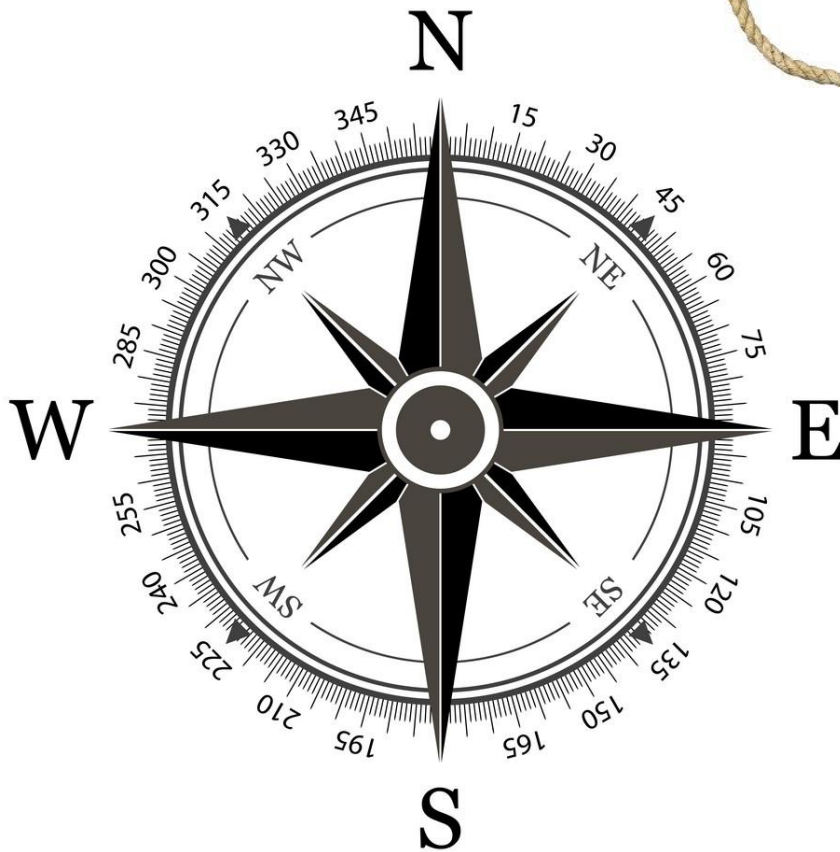
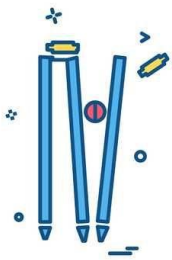


WHICH DIRECTION WILL YOU CHOOSE TODAY?

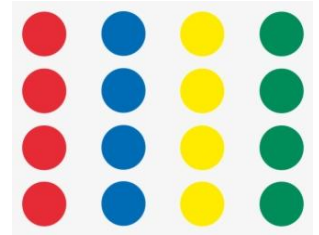
TEAM TIE



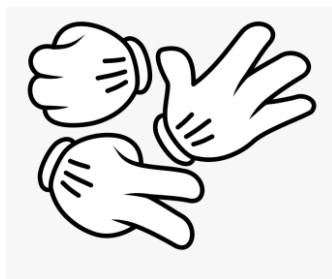
**TOP
TARGET**



TWISTER



ROCK, PAPER, SCISSORS





Get Set 4 P.E.

Top target

What you need: one ball, four cones, and one target per player. Targets could be cricket wickets or a chalk marking on a wall.

How to play:

- Players place their cones at 1m intervals from their target.
- Players throw their ball to hit their target twice from each cone.
- The first player to do this is the winner.



Considerations / options:

- Play in teams, taking turns to throw at the target.
- Increase the size of the target or decrease the distance between the cones.
- Time how long it takes for pupils to complete the challenge, can they improve on their time?



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?

• • • • •
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.

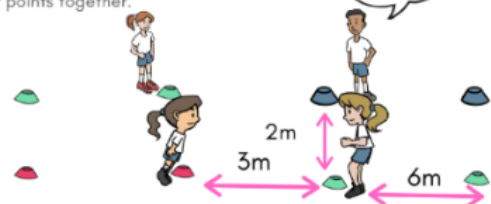
Rock, paper, scissors

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.



Get Set 4 P.E.

Team tie

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.

