



## GM SCHOOL GAMES NETWORK

### What is included?

**These PE Resources from the Youth Sport Trust include a number of activity cards linked to the below disciplines. They allow children to practice and challenge themselves on key skills linked to these sports and activities.**

**Athletics**

**Dance**

**Invasion Games**

**Gymnastics**

**Movement**

**Inclusion**

**Outdoor/ Adventure**

### What age group are they for?

**They are suitable for primary aged children and children with additional needs**

**For more information on inclusion activities visit the link below and from page 11 onwards there's a wide range of inclusive formats to utilise.**

**[Youth Sport Trust – Inclusion Learning Discovery Festival Pack](#)**

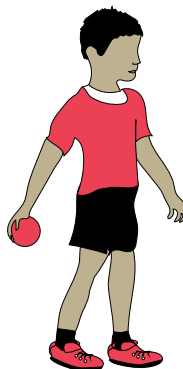
# Rolling Penalties

## Home Physical Education

Can you keep the score and be honest?

### How to play:

- With a partner, set up a goal using two markers.
- Player 1 starts 5 steps away from the goal. Player 2 starts in goal.
- Player 1 rolls the ball towards goal trying to roll the ball past player 2.
- Can player 2 prevent the ball going past them? Can player 1 score?
- Players score a point each time they score a goal. The first to score 5 points is the winner.



Can you concentrate on where to aim?

### Top Tips

#### Rolling & Saving

**Saving:** Look up, concentrate on the ball, be on your toes.

**Rolling:** Use an underarm technique and concentrate on where to aim.

### Let's Reflect

How did you feel when your roll was stopped?

Were you able to concentrate on the target to score a point?

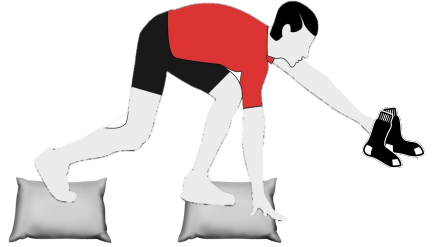
# Save the Treasure

## Home Physical Education

Can you play by the rules and if you touch the floor start again?

### How to play:

- Agree a starting point. Spread treasure across the floor. Use toys and socks as treasure.
- Using two objects can you move without touching the floor, picking up the treasure and returning it to your starting point.
- If you touch the floor you must drop the treasure and start again.
- Create a scoring system so that shoe = 1 point and socks = 2 points. How many points can you score?



Can you keep trying to think of the best ways to use the objects to move?

### Top Tips

Do not carry too much treasure in one go!

If you carry too much treasure then you risk falling and losing your treasure.

### Let's Reflect

What tactic did you use for collecting treasure?

How did you use your two objects to move around safely and efficiently?

# Sequence Champions

## Home Physical Education

Can you perform your sequence and ask for feedback?

### How to play:

- Use a dice to create a movement sequence.
- You are going to add 3 movements together.
- Roll the dice 3 times to see which 3 movements you will need to perform:

**Roll a 1** = A star jump

**Roll a 2** = A roll

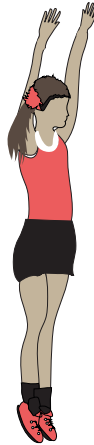
**Roll a 3** = A turn

**Roll a 4** = A twist

**Roll a 5** = A tuck jump

**Roll a 6** = A balance

- Think of creative ways to link the movements.
- Practice your sequence and then perform!



Can you keep practising to improve your sequence?

### Top Tips

#### Link your movements

When you finish your first movement try and move into the next movement smoothly without pausing.

### Let's Reflect

What did you find difficult about linking your movements together?

Did you manage to complete the sequence without stopping?

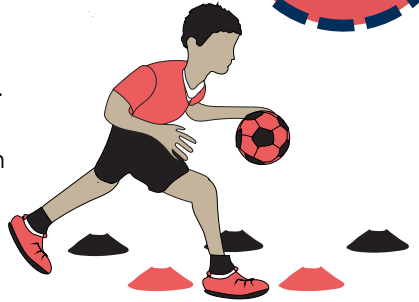
# Spaces Monsters

## Home Physical Education

Can you play fairly and keep the score?

### How to play:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the space monsters (defenders).
- Can you dribble using your hands, from the starting point, around the marker and back avoiding the space monsters?
- If you dribble around the marker and back you score 1 point. If you hit a space monster they score 1 point. The first to score 5 points is the winner.



Can you keep trying even if the space monsters score more points than you?

### Top Tips

#### Dribbling: Hands

Keep the ball close to you, use the tips of your fingers.

Try not to let the bounce come above your waist and look where you are going!

### Let's Reflect

What were the consequences of losing control of the ball?

Why did you need to keep the ball close to you?

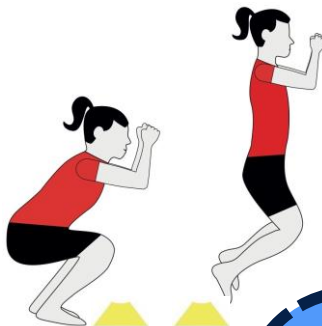
# Standing Long Jump: 2

## Home Physical Education

Can you encourage others to try and jump as far as possible?

### How to play:

- Place a starting marker on the floor.
- Set up 3 distance levels. Level 1, one step away from the starting marker. Level 2, two steps away from the starting marker. Level 3, three steps away from the starting marker.
- Stand beside the starting marker on two feet. Which marker can you jump to safely landing balanced on 2 feet?
- How can we use our bodies to reach the marker furthest away?



Can you be positive even if someone jumps further than you?

### Top Tips

#### Jumping Further

Keep your head up, swing your arms and bend your knees when you land.

### Let's Reflect

How did you adapt your technique to be able to jump further?

How did you feel when you achieved a new jumping distance?

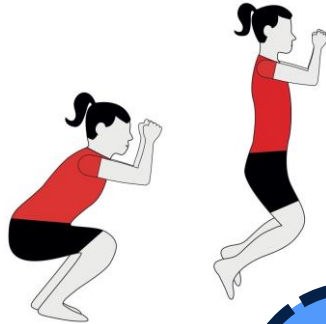
# Standing Long Jump

## Home Physical Education

Can you focus on your technique and concentrate on your landing?

### How to play:

- Place a starting marker on the floor.
- Stand beside the starting marker on two feet, how far can you jump landing balanced on 2 feet?
- Challenge a partner to see who can jump the furthest.
- If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012. How many jumps does it take to jump that distance?



Can you keep trying even if you miss the target?

### Top Tips

#### Jumping Further

Keep your head up, swing your arms and bend your knees when you land.

### Let's Reflect

What did you learn after each jump?

How did you keep focused?

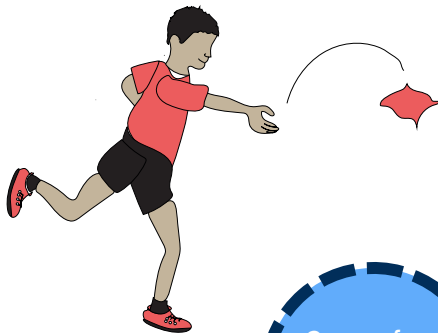
# Target Treasure: Level 2

## Home Physical Education

Can you think tactically and decide which targets to aim for and why?

### How to play:

- Place a selection of targets 5 large steps away from your starting line.
- Decide how many points each piece of treasure is worth E.g. Toys = 1 point and shoes = 2 points.
- Players take turns to throw an object towards the treasure targets from behind the starting line.
- The winner is the player to score the most points when all of the treasure is gone.



Can you focus on the target to help you be accurate?

### Top Tips

#### Throwing Underarm

Step forwards with one foot, releasing the object from low to high using your opposite hand.

### Let's Reflect

What was the difference between your throws that were accurate and your throws that missed?

Did you use the correct throwing technique?



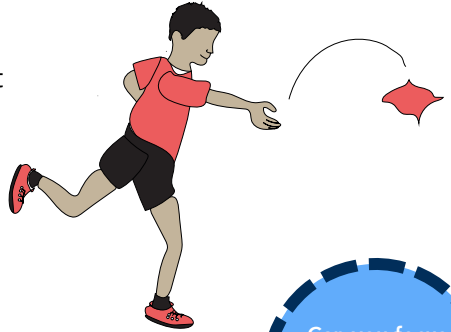
# Target Treasure

## Home Physical Education

Can you encourage your opponent?

### How to play:

- Place a selection of targets 5 large steps away from your starting line.
- Players take turns to throw an object towards the targets from behind the starting line.
- Each time a target is hit, it is taken by the thrower and becomes their treasure.
- The winner is the player to have the most pieces of treasure after all the treasure is gone.



Can you focus on the target to help you be accurate?

### Top Tips

#### Throwing Underarm

Step forwards with one foot, releasing the object from low to high using your opposite hand.

### Let's Reflect

What was the difference between your throws that were accurate and your throws that missed?

Did you use the correct throwing technique?

# The Blue Egg

## Home Physical Education

Can you play fairly and keep the score?

### How to play:

- Each player places a marker down on the edge of a space known as their nest.
- In the centre of the space place objects. All blue items are worth 2 points. Everything else is worth 1 point.
- Players collect one object from the middle and then return it to their nest.
- Players should keep going until there are no more objects left.
- The winner is the player with the most points at the end of the game.



Can you keep running and score as many points as possible?

### Top Tips

#### Work Hard

The faster you move, working hard to keep going the more points you will score.

### Let's Reflect

Did you try and get all the blue objects first?

If you did not win what could you change for next time?

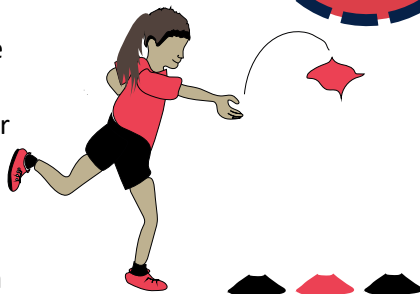
# Three in a Row

## Home Physical Education

Can you help other players if they are finding it hard?

### How to play:

- Each player has 3 targets that they place on the floor.
- Each player takes 3 steps back from their targets when throwing.
- Players take turns to throw an object towards their targets.
- If a player hits a target it is removed. If a player misses they place a target which has been removed back in.
- The first player to hit all of their targets is the winner.



Can you challenge yourself to use the right technique?

### Top Tips

#### Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

### Let's Reflect

Did you congratulate the winner of the game?

How did you feel when your throws were successful?

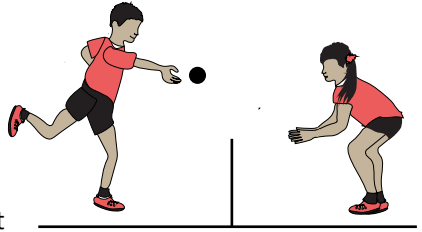
# Throw Tennis

## Home Physical Education

Can you play fairly and keep the score?

### How to play:

- Mark out a tennis court. Use a rope as a net or socks as the court markings.
- Playing against an opponent can you underarm throw a ball into a space on your opponents side of the court.
- If the ball bounces twice you score a point, but if you throw it out of the court your opponent wins a point.
- Make sure that you start the game by serving from the back of the court.
- The first player to score 10 points is the winner.



Can you identify spaces on your opponents side of the court?

### Top Tips

#### Be Ready to Receive!

Are you on the balls of your feet ready to receive the ball? Make sure you have your hands ready to catch!

### Let's Reflect

Where are we aiming the ball at on your opponent's side of the court?

Can you explain why you were throwing the ball there?

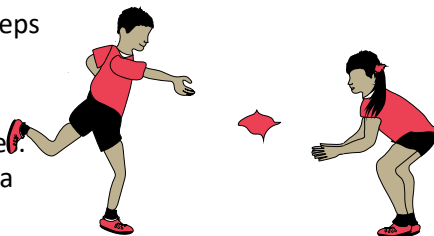
# Top Ten

## Home Physical Education

Can you encourage your partner even if they make a mistake?

### How to play:

- With a partner, start by standing 3 steps apart.
- Throw a ball to each other.
- Challenge yourself to make 10 catches. Each time you make 10 catches take a step back.
- How many times can you throw the ball without dropping it?
- How far back do you get?



Can you concentrate on your throw and focus on where to aim?

### Top Tips

#### Catching

Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.

### Let's Reflect

How did you change your throwing technique as the distance increased?

How did it feel when you dropped the ball and how did you respond?

# Treasure Chest

## Home Physical Education

Can you congratulate other players if they score more points than you?

### How to play:

- Place the 10 treasure items; socks, shoes, small toys at one end of the room, known as the treasure chest
- Run and collect an item and return it back to the start as quickly as possible.
- How many items can you collect in 60 seconds?
- Can you race against someone else to see who can collect the most items?



Can you run as fast as possible?

### Top Tips

#### Run pumping your arms

Keep your head up so you can see where you are going to ensure that you are safe.

### Let's Reflect

Were you able to keep running even when you were tired? Explain why.

Were you able to use the correct technique when running?

# Wacky Races

## Home Physical Education

Can you create your own Wacky race ideas?

### How to play:

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet? Can you move backwards?
- What is the quickest way of moving? What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?



Can you challenge yourself to always try your hardest?

### Top Tips

#### Crawling

Make sure your hands, feet are touching the floor, spread your hands wide, keep your head and bottom down.

### Let's Reflect

Which way of moving was the easiest and which was the hardest? Explain why.

How did you feel if you did not win a race?

# Move to the Beat Extravaganza

## Home Physical Education

Can you try quicker and slower music? Which is harder?

### How to play:

- On the spot can you start by clapping in time to the music? Clap for 8 counts.
- After 8 claps, can you jump on the spot for 8 counts? Then can you jog around the space for 8 counts?
- Challenge yourself to add a final movement for 8 counts, then repeat.
- To make it harder, can you perform movements that take 8 counts to complete but do not require 8 individual counts e.g. a slide left (4 counts) a slide right (4 counts).



Can you teach your routine to someone else using clear instructions?

### Top Tips

#### Listen for a beat

When trying to listen for a beat, make sure you give the piece of music all of your attention. Use headphones or move to a quiet environment with no noise interruptions.

### Let's Reflect

Did you keep trying to improve your routine?

Did you challenge yourself to create harder movements?



# Move to the Beat

## Home Physical Education

Can you try quicker and slower music? Which is harder?

### How to play:

- On the spot can you start by clapping in time to the music?
- Keep clapping but can you now move your feet in time to the music by marching on the spot?
- Now can you start to walk around the space by clapping and walking in time to the music?
- Challenge yourself to add new movements like heel flicks, side steps, knees up, spins, turns. Can you do these in time to the music?



Can you keep trying to improve your performance?

### Top Tips

#### Listen for a beat

When trying to listen for a beat, make sure you give the piece of music all of your attention. Use headphones or move to a quiet environment with no noise interruptions.

### Let's Reflect

What different movement ideas did you come up with?

Could you concentrate and move in time to the beat?

# Right Way Wrong Way: The Race

## Home Physical Education

Can you play fairly and encourage each other?

### How to play:

- Layout objects; teddy bears, cones or toys across the space. Make sure half are facing the right way up and half are facing upside down.
- Player 1 is going to try and turn all the objects up the right way and player 2 is going to try and turn all the objects upside down.
- Play for 60 seconds. At the end of the game the player who has the most objects facing 'their' way is the winner.



Can you keep trying even if you find it challenging?

### Top Tips

#### On your toes!

Moving on the balls of your feet, and bending your knees will help you move quicker to each object!

### Let's Reflect

Were you able to move on the balls of your feet to be quick?

If you did not win, what could you do differently next time?

# Right Way Wrong Way

## Home Physical Education

Can you play fairly and encourage each other?

### How to play:

- Layout objects; teddy bears, cones or toys across the space making sure they are all upside down.
- On 'go' how long does it take to turn all the objects the right way up?
- What could you do to get quicker and beat your time?
- Play against an opponent. Who can turn all the objects around the quickest?



Can you keep trying even if someone else is quicker than you?

### Top Tips

#### On your toes!

Moving on the balls of your feet, and bending your knees will help you move quicker to each object!

### Let's Reflect

Were you able to move on the balls of your feet to be quick?

Did you have a plan for which order you would turn the objects over?

# Ship Shape

## Home Physical Education

Can you keep trying to improve your performance?

### How to play:

- Can you create the following balanced shapes?
- A **'wide'** shape. Are you high or low, what body parts are you using?
- A **'curled'** shape. Are you high or low, what body parts are you using?
- A **'narrow'** shape. Are you high or low, what body parts are you using?
- Can you teach someone else all of your different balanced shapes?
- Can you create a sequence of all 3 balanced shapes together?



Can you teach someone your balances and work together to create a sequence?

### Top Tips

#### Be Still!

All balances must be held completely still for at least 4 seconds. Make your balances excellent by pointing your fingers and toes.

### Let's Reflect

Can you hold your balances still?

If your balance is wobbling, how could you change it to make it still.

Did you try a variety of ways of balancing?

# Space Adventure

## Home Physical Education

Can you try quicker and slower music? Which is harder?

### How to play:

- Select some music that makes you think of space, astronauts and aliens.
- Create an action that represents the following movements.
- **1:** Taking off in a space ship.
- **2:** Landing a spaceship on a planet.
- **3:** Exploring your new planet.
- **4:** Making an exciting discovery.
- Add your 4 movements to create a sequence. Perform your sequence to someone else. What do they think?



Can you be creative and try different movements to represent each stage of the journey?

### Top Tips

#### Use big movements!

Imagine you are an astronaut! What would they wear? How would they move? Make your movements big and clear.

This is your adventure so be creative!

### Let's Reflect

Did you remain in character through all of the movements?

Why did you choose the moves that you did?

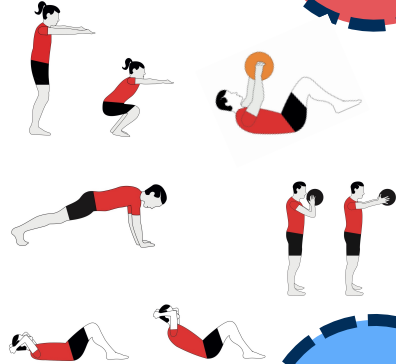
# Super Strength

## Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

### How to play:

- Layout 5 markers in a space around your area. These are your 5 strength circuit activities.
- **Station 1:** Perform 10 squat jumps.
- **Station 2:** Perform 10 lying ball lifts.
- **Station 3:** Perform 10 push outs.
- **Station 4:** Perform 10 sit ups.
- **Station 5:** Perform 10 box press ups.
- How many times can you repeat the circuit?



Can you keep trying even if you feel tired?

### Top Tips

#### Work Hard!

By working hard we will improve our strength  
*'Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.'*

### Let's Reflect

Do you understand why working hard will help improve the strength of your muscles?

Do you understand why it is important to be strong when playing sport?

# Animal Moves

## Home Physical Education

Can you be creative and become lots of different animal characters?

### How to play:

- Choose some music that reminds you of animal.
- Become an animal character. Can someone watching guess which animal you are?
- Can you create movements where you pretend you are moving over things or under things in your animal's habitat?
- With a partner, what happens when the two animals meet? Can you create a movement to show what happens?



Can you keep trying to improve your animal character?

### Top Tips

#### Get into character

How would your animal move?  
What things would be in their natural habitat? Are they big and scary or small and sweet?

### Let's Reflect

Did you move staying in character as your animal?

Could you imagine your animal moving through forests or water, over hills or under logs?

# Balance Time

## Home Physical Education

Can you keep trying to improve your performance?

### How to play:

- How many different body parts can you balance on?
- Can you balance on your back and tummy? What do you do with your arms and legs?
- Can you balance on your hands and feet? Can you lift one hand or leg off the floor?
- Choose your favourite 3 balances. Can you add them together to make a sequence. Perform your sequence to someone else. What do they think?



Can you be creative and try out a variety of different balances using different body parts?

### Top Tips

#### Be Still!

All balances must be held completely still for at least 4 seconds. Make your balances excellent by pointing your fingers and toes.

### Let's Reflect

Can you hold your balances still?  
If your balance is wobbling, how could you change it to make it still.

Did you try a variety of ways of putting your sequence together?



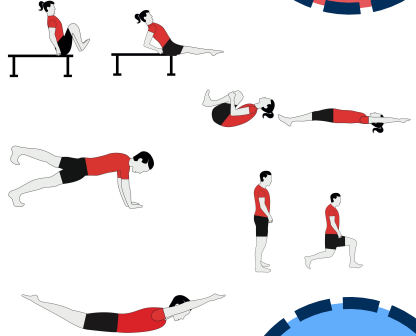
# Feeling Flexible?

## Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

### How to play:

- Layout 5 markers in a space around your area. These are your 5 flexibility circuit activities
- **Station 1:** Perform 10 extended tucks.
- **Station 2:** Perform 10 roll and release.
- **Station 3:** Perform 10 lunges.
- **Station 4:** Perform 10 arches, holding each one for 5 seconds.
- **Station 5:** Perform 10 extended leg raises.
- How many times can you repeat the circuit?



Can you keep trying even if you feel tired?

### Top Tips

#### Stretch Out!

By stretching (static or dynamic) this will improve our flexibility.

*'Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion'*

### Let's Reflect

Do you understand why stretching your muscles will improve your flexibility?

Do you understand why it is important to be flexible when playing sport?

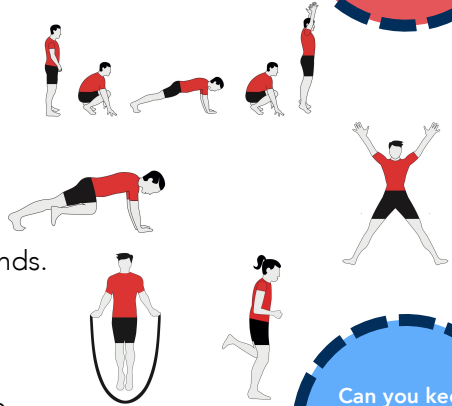
# Healthy Hearts

## Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

### How to play:

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?



Can you keep trying even if you feel tired?

### Top Tips

Break into a sweat!

When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles.

### Let's Reflect

Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise our heart rate and keep active?

# Avoid the Defenders

## Home Physical Education

Can you play fairly and keep the score?

### How to play:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the defenders.
- Can you dribble using your feet, from the starting point, around the marker and back avoiding the defenders?
- If you dribble around the markers and back you score 1 point. If you hit a defender they score 1 point. The first to score 5 points are the winners.



Can you keep trying even if the defenders score more points than you?

### Top Tips

#### Dribbling: Feet

Keep the ball close to you, use small touches.

Try to use the inside and outside of your foot to keep control.

### Let's Reflect

Why did you need to keep the ball close to you?

What did you learn after each run through to help with the next dribble?

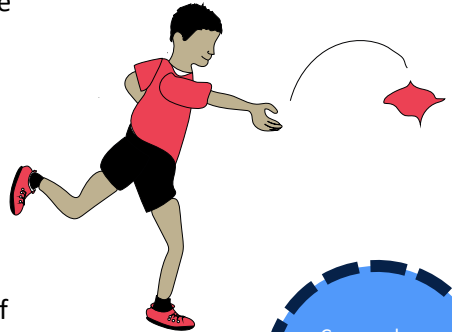
# Battleships

## Home Physical Education

Can you play fairly and keep the score?

### How to play:

- With a partner, each player places three targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships



Can you keep trying even if you miss the target?

### Top Tips

#### Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand

### Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

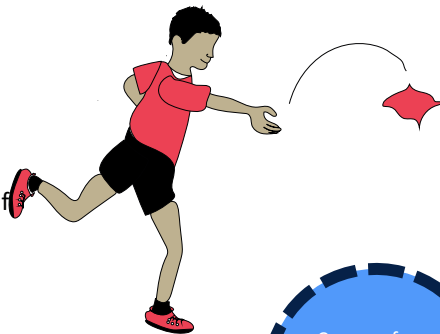
# Battleships: Level 2

## Home Physical Education

Can you play by the rules and respect your opponent?

### How to play:

- With a partner, each player places three targets (battleships) in front of them. Place an additional battleship known as the 'ultimate battleship' in the middle.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed. If players hit the ultimate battleship they can add back one of their battleships that has been hit.
- The winner is the first player to hit all of their partner's battleships.



Can you focus on the target and concentrate?

### Top Tips

#### Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand

### Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

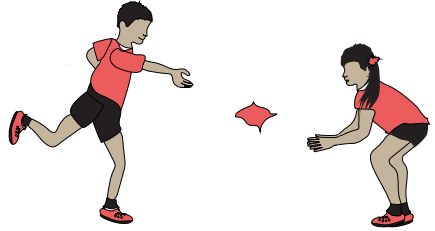
# Blast Off

## Home Physical Education

Can you encourage your partner even if they make a mistake?

### How to play:

- Play with a partner; sibling, parent or carer. Stand 3 – 5 steps apart.
- Players make 10 catches and then swap sides, players make 9 catches then swap sides, players make 8 catches and swap sides continuing this process until they reach 0.
- Can each pair reach 0 without dropping the ball?
- If competing against another pair the first pair to reach 0 are the winners.



Can you concentrate on your throw and focus on where to aim?

### Top Tips

#### Catching

Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.

### Let's Reflect

If you dropped the ball what did you change?

How did it feel when you dropped the ball and how did you respond?

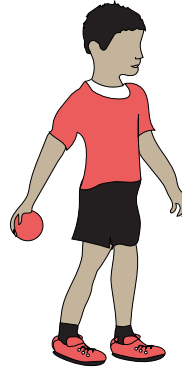
# Boccia

## Home Physical Education

Can you play fairly and keep the score?

### How to play:

- This game can be played standing up or sitting down.
- Choose a place to throw from and place a marker 5 steps away.
- Each player needs 3 balls or pairs of socks.
- Players take turns to throw or roll their ball towards the marker.
- Once all players have thrown or rolled their ball, the ball that is closest to the marker is the winner.



Can you keep trying even if your ball is the furthest away from the marker?

### Top Tips

#### Roll or Throw Underarm

Step forwards with one foot, bending the knee, release the ball along the ground using your opposite hand.

### Let's Reflect

What did you learn after each throw or roll to adapt for the next?

How did you keep focused?

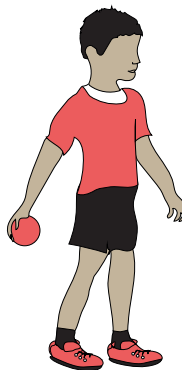
# Bowling

## Home Physical Education

Can you play fairly and keep the score?

### How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.



Can you keep focused on the targets and roll accurately?

### Top Tips

#### Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

### Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?



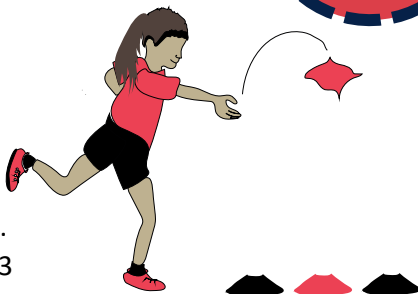
# Climb the Ladder

## Home Physical Education

Can you be honest and only try target 2 when you've hit target 1?

### How to play:

- Place 3 targets on the floor in a line, 1m away from each other.
- Using a small object can you throw the object and hit the first target.
- When you have hit the first target, only then can you move onto the next target.
- How many throws does it take to hit all 3 targets?
- If you are playing against a partner, the first player to hit all 3 targets is the winner.



Can you keep trying even if you miss the target?

### Top Tips

#### Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

### Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

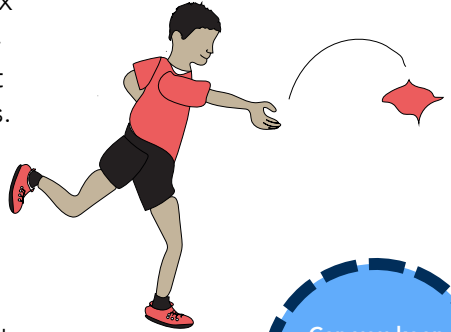
# Continuous Battleships

## Home Physical Education

Can you play fairly and keep the score?

### How to play:

- With a partner, each player places six targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is taken by the thrower and added to their battleships.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships.



Can you keep trying even if you miss the target?

### Top Tips

#### Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

### Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

# Cross the River

## Home Physical Education

Can you work out a method for successfully crossing the river

### How to play:

- Agree a start point (one side of a big river) and a finish point (the opposite side of the river).
- Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
- You are only allowed two objects to cross the river with.
- Can you complete the challenge and cross the river with out touching the floor!



If you fall in, can you keep trying to cross successfully?

### Top Tips

#### Place the Pillows

Place the pillows down on the floor. If you throw them you may over stretch and fall in.

### Let's Reflect

What was the best method for crossing the river?

How did you feel when you crossed successfully?

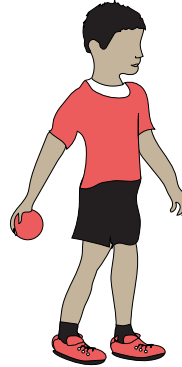
# Golf: Rolling

## Home Physical Education

Can you be honest and keep the score?

### How to play:

- Place 5 targets in different places on the floor (garden or in a room).
- Decide on a starting point and it mark out.
- The aim of the game is for pupils to roll a ball, making it rest against one of the targets in the least amount of rolls possible.
- The winner is the player who rests their ball against a target with the fewest rolls. Repeat with all of the different target.



Can you keep trying hard even if you miss the target?

### Top Tips

#### Roll Underarm

Step forwards with one foot, bending the knee releasing the ball along the ground using your opposite hand.

### Let's Reflect

When did you need to increase the power of your rolls?

Did you use the correct rolling technique?

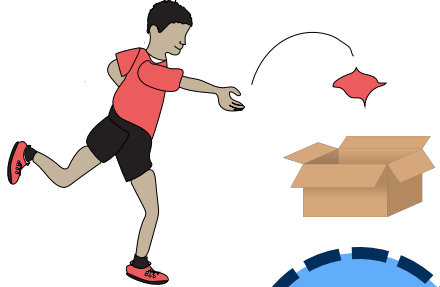
# In the Box

## Home Physical Education

Do you keep trying your best even if you miss?

### How to play:

- Lay out 3 boxes in a row.
- Players must throw 3 steps back from the first box.
- If you throw an object into the nearest box you score 1 point, if you throw it in the middle box you score 2 points, if you throw it into the end box you score 3 points.
- Each player has 3 throws. The player with the most points at the end of the game is the winner.



Can you challenge yourself to use the right technique?

### Top Tips

#### Throwing Underarm

Step forwards with one foot, releasing the object from low to high using your opposite hand.

### Let's Reflect

How did you change your technique for the different distances?

How did you stay motivated to keep trying?

# Jumping Dice

## Home Physical Education

Can you encourage others to keep going?

### How to play:

- Play with a partner, take turns to roll a dice.
- Look at the number you have rolled and then complete the correct jumping exercises:

**Roll a 1** = Perform 20 star jumps

**Roll a 2** = Perform 20 tuck jumps

**Roll a 3** = Perform 20 pencil jumps

**Roll a 4** = Perform 20 jumps with a ½ turn

**Roll a 5** = Perform 20 jumps with a full turn

**Roll a 6** = Perform 20 squat jumps

- The first player to complete all of the activities listed above is the winner.



Can you keep trying even if you feel tired?

### Top Tips

#### Pace yourself

Take your time when performing the exercises, as you may need to perform some of them more than once.

### Let's Reflect

What happened to your body (heart) after completing an exercise?

What helped you to keep working hard and not give up?

# Keep on the Move

## Home Physical Education

Can you make sure everyone is moving around in a space?

### How to play:

- Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space .
- Players move around the space in a creative way.
- When a player reaches a pair of socks they jump 10 times. When a player reaches a cushion they hop 10 times. When a player reaches a toy they jog on the spot and count up to 10.
- Can you think of your own movement ideas? Can you move at different levels?



Can you keep trying even if you feel tired?

### Top Tips

#### Breathing

Make sure that you breathe in through your nose and out through your mouth when performing the activities.

### Let's Reflect

Why did you move around the way you did?

Which way was the most challenging way of moving and why?

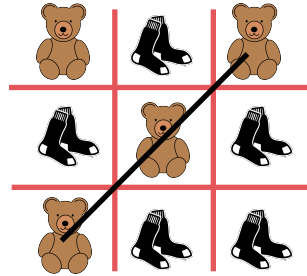
# Noughts and Crosses

## Home Physical Education

Can you play fairly and play by the rules?

### How to play:

- Mark out a noughts and crosses grid, using chalk, paper or hoops.
- Each player needs 5 items; socks, teddy bears. Make sure each player has a different set of items.
- On the command go, players race and put one item at a time inside one of the free spaces in the noughts and crosses grid.
- The first player to get 3 in a row are the winners.



Can you try a variety of different tactics?

### Top Tips

#### Think Tactically

If you can not win a game, how can you prevent your opponent from winning?

### Let's Reflect

Did you try to plan where you were placing your items before you started running?

Did you have to adapt your plans during the game?



# Race across the River

## Home Physical Education

Can you play by the rules and if you touch the floor start again?

### How to play:

- Agree a start point (one side of a big river) and a finish point (the opposite side of the river).
- Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
- You are only allowed two objects to cross the river with.
- It's a race! The winner is the first person to cross the river without falling in and touching the floor. If you do touch the floor, you have to start again.



Can you keep trying even if someone is quicker than you?

### Top Tips

#### Place the Pillows

Place the pillows down on the floor. If you throw them you may over stretch and fall in.

### Let's Reflect

Who was the winner? Why do you think they were able to win?

How did you feel when you crossed successfully?