



**Get Set 4 P.E.**

# ACTIVE FAMILIES

Get active at home with all of the family. Enjoy, have fun and get active

# 5 minute challenge

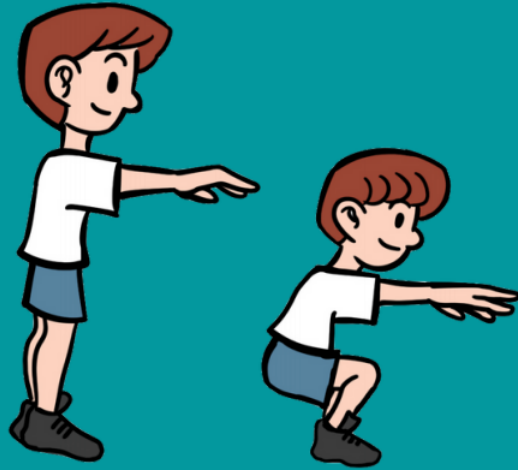


**What you need:** A little space and a stopwatch or clock.

## How to play:

- You have 5 minutes – how many times can you complete this circuit?

- 10 x Star Jumps
- 10 x Burpees
- 10 x Press ups
- 10 x Squats



**How many times did you complete the circuit?**

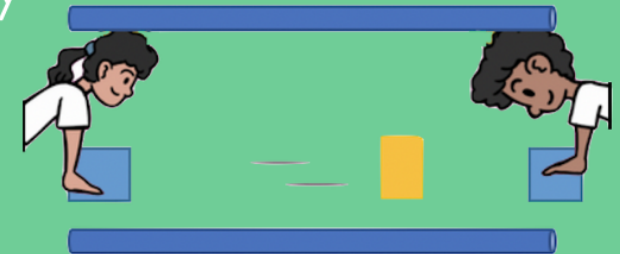
# Air Hockey



**What you need:** Two players, two towels, three tupperware lids.

## How to play:

- Use a flat smooth surface.
- Roll the towels up and place them 1m apart to act as the sides of the table.
- Players remain opposite one another at either end of the table.
- One tupperware lid is used as the 'puck'.
- Players have one tupperware lid each that they can use to stop and push the puck.
- Players score points by pushing the puck past their opponent.



**First to 15 wins.**

# Balloon volleyball



**What you need:** 1 balloon

**People:** 2 or more

**Play:** Inside or outside

## Ways to play:

1. Everyone must be seated. Together, try to see how many times you can volley the balloon to each other.

OR

2. Play 1v1 or 2v2. Create a net, you could use a skipping rope or chairs. Play against each other over the net. If the balloon hits the floor on your side, the other team win a point. If you hit the balloon and it doesn't go over the net, the other team get a point. Each side is allowed up to three touches on their own side of the net before the balloon must go over.



# Change it



**What you need:** someone to time, four cushions and three socks.

## How to play:

- Place the cushions randomly in a space. Place a sock on three of the four cushions, leaving one cushion empty.
- Time one minute.
- Collect one sock from a cushion and place it on top of the empty cushion. Then collect another sock from another cushion and place it on the new empty cushion. How many socks can you move in one minute?
- Play again, can you improve your score?



**Make this harder by moving the cushions further apart.**



# Down from 10, up from 5

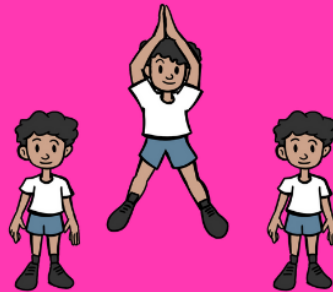


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**What you need:** a little space and a lot of perseverance.

## How to play:

- Complete 10 burpees, then 5 star jumps.
- Then go down by 1 burpee each time and up by 5 star jumps until you get to 0 burpees and 50 star jumps.
- Round 1: 10 burpees, 5 star jumps
- Round 2: 9 burpees, 10 star jumps
- Round 3: 8 burpees, 15 star jumps
- Round 5: 7 burpees, 20 star jumps
- Round 6: 6 burpees, 25 star jumps
- etc.....



**Make this easier by spreading it out throughout the day.**



# Limbo



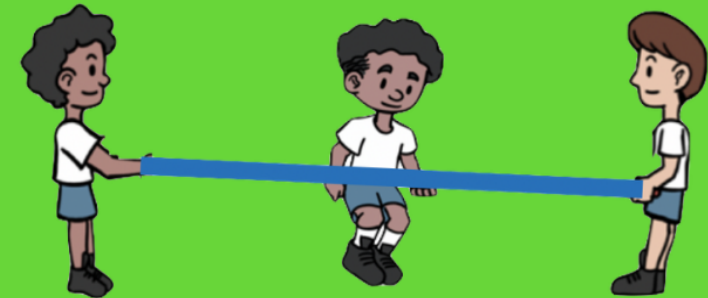
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**What you need:** a long stick or rope (maybe dressing gown ropes tied together), three people.

## How to play:

- Two people hold either end of the stick at chest height.
- Top tip: hold it in cupped hands so that it will fall easily when touched.
- Players take turns going under the stick without touching it. Each time they complete a round the stick gets lowered.
- Rules: Only your feet can touch the floor.
- Top tip: bend your knees and lean as far back as needed to travel under the stick.

**How low can you limbo?**



# Hamster wheel

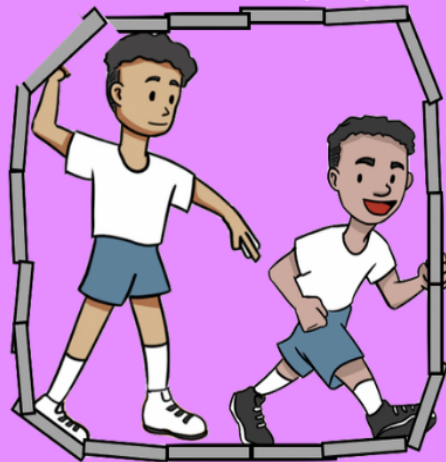


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**What you need:** Sellotape, newspaper,  
1 or more players

## How to play:

- Make a giant circle, big enough for all players to stand inside, by sellotaping the newspaper sheets together.
- All players stand inside the circle like hamsters in a wheel.
- Can you work together to move the newspaper like a wheel without it breaking?
- Option to play this 1v1. Make two wheels and have a race.



**Communication is key!**

# Multiplication circle



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**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.

$$7 \times 3 = 21$$



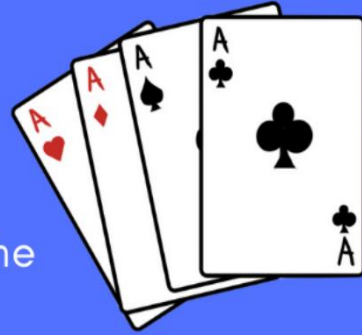
**How quickly can you move the items?**

# Pairs



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**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?**

# Kick rounders

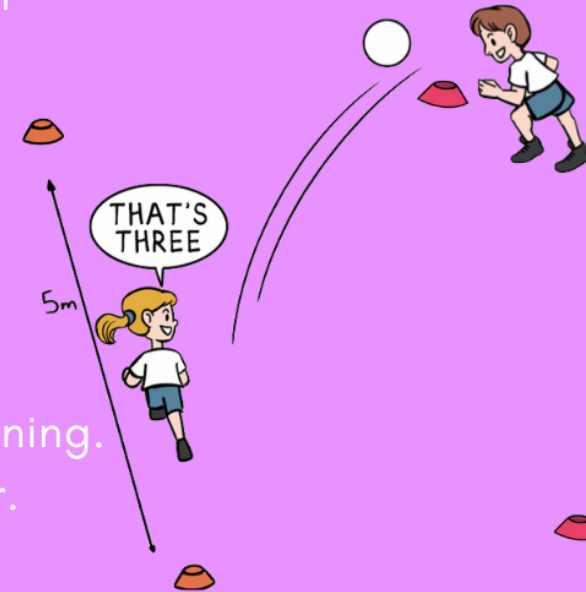


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**What you need:** four markers one ball and two players.

## How to play:

- Mark out a square with the four markers.
- One player (the kicker) begins at one of the markers.
- The other player (the fielder) rolls the ball to the kicker who kicks the ball as far as they can. The kicker then runs around the outside of all four markers scoring one point every time they return to their start marker.
- The fielder must retrieve the ball as quickly as possible and place it on the start marker to stop the kicker running.
- Three turns then change over.



**Who can score the most points?**

# Squash that balloon

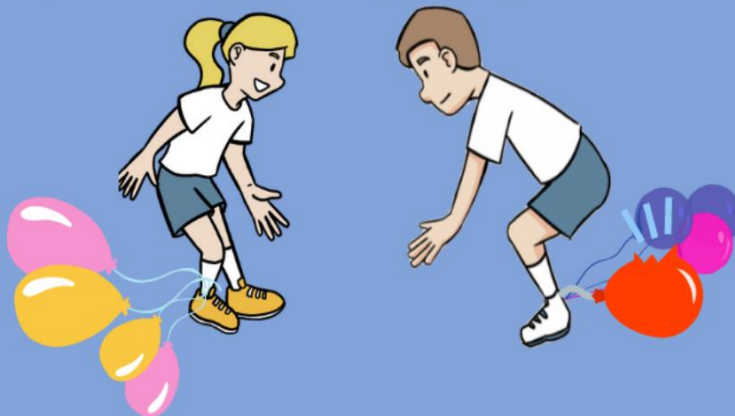


**What you need:** string, two players minimum and four balloons per player.

## How to play:

- Players tie four balloons to their ankles using the string.
- The aim of the game is to burst your partners balloons before they squash yours.
- Top tip: move quickly to avoid being caught.

**Keep on moving your feet .**



# Soaked



**What you need:** two players, one plastic cup each, one marker each, a bucket of water and a massive smile.

## How to play:

- Players stand 3m apart each at a marker, with the bucket of water on the floor between them.
- They take it in turns to run around their opponent, scoop up a cup of water on the way back to their marker and throw their water at their opponent.
- Players can duck the water but cannot move from their marker when it is thrown at them.
- The winner is the player who has soaked their partner the most once all the water has gone from the bucket.

**Can you fake your throw to catch your opponent out?**



# 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.**