

## Mrs Pears' P.E. Activities

<p style="text-align: center;"><b><u>Knee Tag</u></b> Agility &amp; Movement</p> <p><i>To play with a partner.</i> Put an object on the floor that can act as a centre point (e.g. cone, bottle, ball, teddy) and both stand either side of the centre point. On 'go' players try to tag each other's knees to score point. Play for 1 minute and count your points. Who will be the winner? You can always increase the time you play.</p> <p>I have competed this 😊 ○</p>	<p style="text-align: center;"><b><u>Catch Coins from your Elbow</u></b> Reaction Time</p> <p><i>To play on your own or with family.</i> Rest the back of your hand on the same shoulder, so your elbow should be pointed out and the underside of the arm facing up. Then they place a coin on their arm, just above the elbow. The idea is to quickly draw your elbow into your side so that the coin flies into the air, and at the same time, flip the arm over so that they can catch the coin. It's tough to catch just one coin but you can up the ante by having them catch a stack of coins.</p> <p>I have competed this 😊 ○</p>
<p style="text-align: center;"><b><u>Throwing &amp; Catching</u></b> Ball skills &amp; Coordination</p> <p><i>To play on your own or with family.</i></p> <ul style="list-style-type: none"> <li>• Begin by throwing with two hands and catching with two hands.</li> <li>• Now try throwing with two hands but catching with one (both left and right)?</li> <li>• Now try throwing from one hand to the other. Left to right and right to left.</li> <li>• Now try throwing with one hand and catching with the same hand? Swap over.</li> </ul> <p><b>For all challenges:</b> How many can you do in 1 minute? 2 minutes? 3?</p> <p>I have competed this 😊 ○</p>	<p style="text-align: center;"><b><u>How far can you jump?</u></b> Jumping Skills &amp; Power</p> <p><i>To play on your own or with family.</i> Make a starting point line in an open space (indoors or outdoors).</p> <ul style="list-style-type: none"> <li>• JUMP: Start on two feet behind the line and jump as far as you can, then mark the last body part that lands after the line with an object (e.g. cone, teddy, bottle, ball).</li> <li>• HOP: Then try jumping from one foot and land on the same foot marking how far you have jumped. Try starting from both legs.</li> <li>• SKIP: Then try jumping from one foot and landing on the other. Try starting from both legs.</li> <li>• When you have mastered all 3 jumps try to put them all together like triple jump; starting with hop, then skip, then jump.</li> </ul> <p><b>For all challenges:</b> Try to keep your balance and beat it every time.</p> <p>I have competed this 😊 ○</p>
<p style="text-align: center;"><b><u>Skipping</u></b> Agility, Balance &amp; Coordination</p> <p><i>To play on your own.</i> If you have a skipping rope. See how many times the rope does a full rotation in 1 minute, 2 minutes, 3, etc. Start by jumping and landing with two feet with the rope rotating forward. Then try with the rope rotating backward. Then try hopping on one leg over the skipping rope with it rotating forwards. Then try backwards. Then try skipping one leg to the other while the rope is rotating forwards. Then try backwards.</p> <p>I have competed this 😊 ○</p>	<p style="text-align: center;"><b><u>Just Dance</u></b> Agility, Balance &amp; Coordination Movements</p> <p><i>To play on your own or with family.</i> If you have 'You Tube' type in 'Just Dance' and choose some of the routines to follow.</p> <p>Why don't you make your own 'Just Dance' routine to a song and record yourself and your family?</p> <p>I have competed this 😊 ○</p>

<p style="text-align: center;"><b><u>Fitness Fun</u></b> Strength, Agility, Balance &amp; Coordination</p> <p><i>To play on your own or with family.</i> Try to complete 30 seconds of each of these activities:</p> <ul style="list-style-type: none"> <li>• Sit ups</li> <li>• Star jumps</li> <li>• Knee press ups or full press ups</li> <li>• High knees</li> <li>• Squats</li> <li>• Mountain Climbers</li> <li>• Plank</li> </ul> <p><b>Challenge:</b> Try to complete for 1 minute or join in with Joe Wicks (The Body Coach) at 9am each day. <a href="https://www.thebodycoach.com/blog/pe-with-joe-1254.html">https://www.thebodycoach.com/blog/pe-with-joe-1254.html</a></p> <p>I have competed this 😊 ○</p>	<p style="text-align: center;"><b><u>Target Throw</u></b> Hand Eye Coordination</p> <p><i>To play on your own or with family.</i> Stick a piece of paper onto a blank wall with blue tac. You can even design it as a target. Start approximately a metre away and throw a small ball to hit the target. If you hit it then move further back until you're approximately 2metres away. Then when you hit it move back to 3 metres and so on. See how far you can get away from your target.</p> <p>I have competed this 😊 ○</p>
<p style="text-align: center;"><b><u>Hoolah Hoop</u></b> Flexibility &amp; Movement</p> <p><i>To play on your own.</i> If you have a 'hoolah hoop' start hoolah hooping with it and time how long you can hoolah hoop for.</p> <p>I have competed this 😊 ○</p>	<p style="text-align: center;"><b><u>Go Noodle</u></b> Multi-Skill</p> <p><i>To play on your own or with family.</i> Have a go at some of the activities on 'Go Noodle' on 'You Tube'. There are a mix of songs, dances, routine, yoga, exercises, etc. for you to try out. <a href="https://www.youtube.com/user/GoNoodleGames">https://www.youtube.com/user/GoNoodleGames</a></p> <p>I have competed this 😊 ○</p>
<p style="text-align: center;"><b><u>Gymnastics</u></b> Multi-skill</p> <p><i>To play on your own or with family.</i> Try to have a go to make a gymnastics routine with some of the following things:</p> <ul style="list-style-type: none"> <li>• A roll – a pencil roll, forwards roll, backwards, teddy bear roll etc.</li> <li>• A travelling movement – spin, leap, cartwheel, etc.</li> <li>• A balance (holding for 3 seconds) – on a large part of your body, small part of your body, symmetrical, asymmetrical, counter-balance, etc.</li> <li>• A body shape – a tuck, a straddle, a pike, etc.</li> <li>• A jump - a straight jump, a star jump, a tuck jump, etc.</li> </ul> <p>I have competed this 😊 ○</p>	<p style="text-align: center;"><b><u>Get it in the Basket</u></b> Hand-Eye Coordination</p> <p><i>To play on your own or with family.</i> Ask your mum nicely if you can borrow her washing basket and put it in the middle of the room. Try to throw an object into the basket. This could be a ball, beanbag, small teddy, a slipper, etc (something that won't break things easily).</p> <p>Try to make it harder by increasing you distance and compete against each other.</p> <p>I have competed this 😊 ○</p>