

P-6 PE Activities Grid

Choose an activity each day to play with people at home. How many can you do?

<p>Balance Game: Walk along a line or low beam. Students change height and direction. As a variation, students repeat the movements balancing a beanbag on their Head, shoulder, arm or hand.</p>	<p>Balancing Shapes: Work in pairs in their own space to explore different partner balances, for example, ways of combining and balancing on two body parts, three body Parts</p>	<p>Fundamental Movements: How many Star jumps can you do in one minute? Can you beat your score you got yesterday?</p>	<p>Play Simon Says: With other people in your home play the game Simon Says? One person is Simon and others have to copy what Simon says to do.</p>	<p>Sergeant jump: Children take turns to perform a vertical jump and, at The peak of the jump, make a chalk mark on the wall. Pairs should rotate so that both students get a turn. Students try to beat their previous best mark</p>	<p>Marker Jump: The students take turns to arrange a jumping path for their partner. Students set up their markers so that their partner Jumps in different directions and over different distances. Swap roles.</p>	<p>Obstacle Course: Using your equipment you have at home, make a course which you can do. You build things to to climb, run, jump, crawl, hop and skip through.</p>
<p>Keep it up: Using a blown up balloon or other light object, try and keep the balloon off the floor pay passing, catching and throwing to your family.</p>	<p>No Go Zone: Create a zone which is out of bounds. One Player sits on one side, another [player sits on the other, Throw and catch a ball back and forth. If you throw it in the No Go Zone the other player gets a point.</p>	<p>Hop Scotch: Draw a hop scotch grid and play with some of your family.</p>	<p>Marvellous Mat: How many ways can you move across the mat? Roll, side roll, jump, crawl side?</p>	<p>Animal Antics: Use your body to pretend you're a different animal - Slither like a snake - Hop like a kangaroo - Jump like a frog. - Stomp like an elephant</p>	<p>Skipping: Learn to skip in many ways. Can you jump with a partner? Can you criss cross? Can you jump in? Can you jump backwards?</p>	<p>Red Light, Green Light: One person is in. When they say green light, you need to move closer to them. When they say red light you need to freeze. If you move on red light you are out!</p>