

Lots of different  
games for  
you to try at home.

Hope you have lots of  
fun playing them.

# High jump



**What you need:** Lots of cushions

**How to play:**

- Be sure to play in a safe space clear of other objects.
- Warm up by jogging on the spot for 1 minute, 10 star jumps and 10 squats.
- Place one cushion on the floor and practise jumping over it. Be sure to bend your knees as you jump and land.
- Add another cushion to the pile and jump over both of them. Swing your arms forwards and up as you jump to help you get height.
- Continue to add cushions as you clear the jump.
- You may need to introduce a run up as the pile gets higher.



**How many cushions can you jump?**

# Dodge the defender



**What you need:** A chair and a ball or pair of socks, one or two players.

**How to play:**

- Imagine the chair is a defender that you need to move around. Keep facing forward as you move your feet around the chair. Work for 20 seconds in one direction and then 20 seconds in the other direction. Repeat x 3.
- Move around the chair for 30 seconds, change direction when your partner calls 'change'.
- Add in a ball. Either throw the ball around the chair by yourself and move your feet to collect it or have someone throw the ball to space around the chair for you to collect.
- Work for ten throws then rest and repeat x 4



**Take quick small steps to move around the defender.**



# Newspaper dance



**What you need:** 1 or more players, a sheet of newspaper per player, a music track and someone to press stop.

## How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays children move off their newspaper and dance around the space.
- When the music stops children stand on their newspaper. They are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until they cannot stand without going out of the boundary.



**How will you balance?**

# Long jump

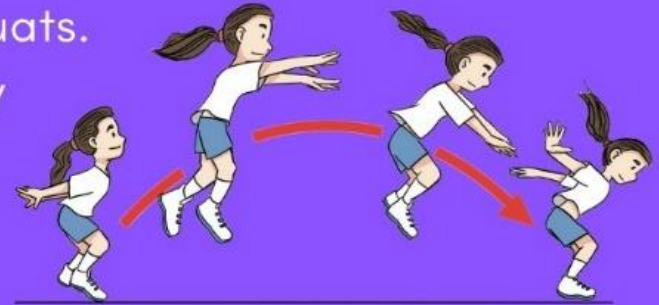


## world record attempt

**What you need:** A measuring tape.

## How to play:

- The standing long jump world record is held by Byron Jones, who recorded a jump of 3.73 m
- Warm up with 1 minute jogging on the spot followed by ten squats.
- Then see how many jumps it takes for you to reach the same distance.



**How many jumps does it take for you to reach 3.73m?**

# Spell it out



Get Set 4 P.E.

**What you need:** Post it notes a pen and a ball or pair of socks

## How to play:

- Write a letter of the alphabet on each post it note and stick them to a wall.
- Begin 3m away and throw your ball to hit the letters and spell the following words....SUN, SPRING, FLOWER, RAINBOW
- Then have a go at making your own word.
- Have someone else with you? Can they guess your word?
- Playing against someone else? Who can spell the words in the quickest time?



**Point your fingertips in the direction of your target after you have thrown.**

# Rally



Get Set 4 P.E.

**What you need:** a ball or rolled up pair of socks, a hardback book and one or more players.

## How to play:

- Count how many times you can hit the ball up to yourself using your book. Try to keep the ball in the centre of the book for good control.
- Can you do this standing on one foot?
- If you have another player, how many times can you send the ball to each other before it hits to floor?
- Make this easier by using socks, or by allowing the ball to bounce once in between hits.
- Make this easier by one person using a book and the other their hands.



**What was your highest score?**



# Skipping challenges



Get Set 4 PE.

**What you need:** A skipping rope or a dressing gown rope (tie two together if you need to make it longer)

## Challenge 1:

How many consecutive skips can you complete?

## Challenge 2:

Can you skip 5 times on your right foot and then 5 times on your left foot?

## Challenge 3:

Can you skip with high knees, one foot and then the other?

## Challenge 4:

Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.

## Challenge 5:

Can you skip backwards?

**Land on the balls of your feet and keep your knees bent.**



# At a stretch



Get Set 4 PE.

**What you need:** Three pieces of paper and a measuring tape (optional).

## How to play:

- Begin standing on one piece of paper.

**Challenge:** How far away from the paper you are standing on, can you place one of the other pieces of paper?

## Rules:

- You must remain in contact with the paper you are standing on throughout the challenge.
- You cannot throw or kick any of the paper.
- You cannot touch the floor around you.

Playing against someone else? Who can place the paper furthest away?



**Plan, implement and reflect. You have 3 minutes to practice before you measure.**



# Plank goalie



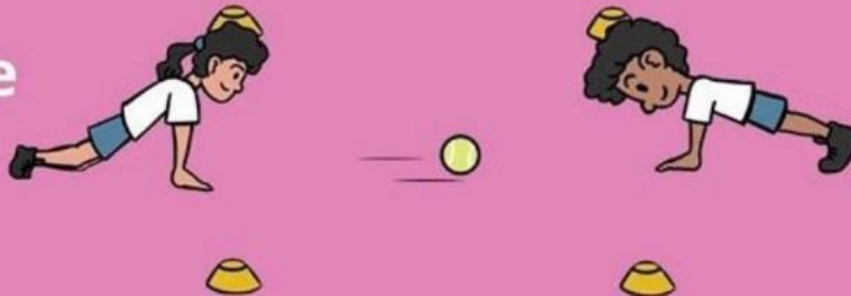
Get Set 4 P.E.

**What you need:** 2 or more players, four objects and a ball or pair of rolled up socks.

## How to play:

- Place four objects in a rectangle formation.
- Players begin between the ends of the rectangle (their goal).
- Players must hold a plank position throughout.
- They score by rolling the ball through their opponents goal.
- Two points is awarded if their opponent drops from the plank.

**Who is the first to 10 points?**



# It's all about the pace



Get Set 4 P.E.

**What you need:** Socks and a stopwatch or clock.

## How to play:

- Mark a track around your home using the socks.
- How many times can you run around your track in 30 seconds?
- Can you double the distance if you work for 1 minute? How did that make you feel?
- Can you run your track without stopping for 6 minutes? Pace yourself to maintain a consistent speed.
- How many laps did you complete?

**Notice what happens to the distance you complete when the time increases.**



# Noughts and crosses



Get Set 4 P.E.

**What you need:** 2 players min, three black socks, three white socks and nine markers.

## How to play:

- Place the markers to create a 3x3 grid (9 boxes).
- One player uses the white socks, the other the black socks.
- Players begin 6m – 8m away from the grid. They take one sock at a time and place it somewhere on the grid. Then run back to collect another sock and repeat.
- If all three socks have been used players can move a sock that has been placed out but must run back to the start in between each move.
- The winner is the first to have three socks in a row.



**Make your decision as you are running.**

# Shadow tag



Get Set 4 P.E.

**What you need:** A sunny day, two plus players, two socks (optional)

## How to play:

- First, find your shadow. Change direction and explore the effect it has on your shadow. Discuss with a family member how the angle of your shadow is effected by the location of the sun.
- Try chasing your own shadow.
- Select one player to begin as the tagger. They tag other players by stepping on their shadow. Once caught players change roles.
- Playing with just two players? First to three tags wins that round. First to win 5 rounds wins the game.
- Change the game by allowing players to throw socks at the shadow instead of stepping on them.



**Can you catch a shadow?**

# Footwork frenzy



**What you need:** 6 socks

## How to play:

- Place the socks into a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below. Three times for each challenge.

1. Run through the gaps, placing one foot in each. Go as quickly as you can.
2. Jump two footed in each gap? Then backwards.
3. Jump feet wide, then feet together in the gaps.
4. Hopscotch.
5. Rotate to turn sideways on each jump in the gaps.

**Can you make up your own jumping pattern?**



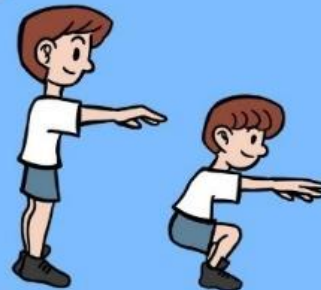
# Squat and shoot



**What you need:** 2 balls or pairs of socks, two pots, two plus players.

## How to play:

- Each player has a ball. They begin 3-4 steps away from the pots.
- Players race to throw their ball into one of the pots. First to four successful throws wins the round.
- In between each throw you must complete 10 squats.
- In the next round change the exercise you need to complete in between the throws.



Make this easier by using a bigger pot.

**Who won the most rounds?**



# Tails



Get Set 4 P.E.

**What you need:** 2 players min and a pairs of socks per player.

## How to play:

- Each player tucks the socks into the back of their trousers to make two tails.
- Players face each other and try to take a sock from their opponent.
- When successful, shout 'TAG'. Play stops whilst the tagger places the additional sock into their trousers.
- The winner for each round is the person who gets all four socks, they get one point for winning the round.



**Who is the first to 5 points?**

# Fill it up



Get Set 4 P.E.

**What you need:** Six socks and two pots

## How to play:

- Players have one pot each that they place 6m apart. Place six socks in the centre.
- Players start at their pot and run to the middle, taking one sock back to their pot. Continue until there are no socks left in the middle, then run to your opponents pot to collect one sock at a time.
- Who is the first to have 5 socks in their pot?
- Playing by yourself? From a pile of socks 6m away, how many can you get into your bucket in 1 minute?



**Take small steps so that you can change direction quickly.**

# Add it on



**What you need:** Music and a friend or friends

## How to play:

- Choose a song.
- One person shows everyone a dance move that everyone copies.
- The next person shows everyone a dance move that everyone copies.
- Begin the dance from the first move each time, taking it in turns to add on a new move. Use counts of 8 for a really slick performance.
- Repeat the game for three different songs throughout the day.

**Can you dance for the entire song?**



# Balloon Volleyball



**What you need:** 1 balloon, play by yourself or with others.

## How to play:

- Everyone must be seated. By yourself or with others, try to see how many times you can volley the balloon, keeping it from touching the floor.
- OR
- Play against each other. Create a net, you could use a skipping rope or chairs. 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.





# Bottle skittles



**What you need:** One or more players, some bottles and a ball or a pair of rolled up socks.

## How to play:

- Use empty plastic bottles as skittles and set them up approx. 5m away.
- Roll the ball to try to hit as many skittles as possible down.
- Playing with more people? Play against each other and seeing how many throws it takes to knock all of the skittles over.
- Increase the challenge by taking a step back for every successful hit.



**How many can you knock down?**

# Protect the gate



**What you need:** 2 players min, three objects and a ball or pair of rolled up socks.

## How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. They score points by rolling the ball through the triangle.
- 6 attempts then change roles.



**What was your score /6?**

# Roller ball



Get Set 4 P.E.

**What you need:** 2 or more players, two objects for markers and a ball or pair of rolled up socks.

## How to play:

- Place two markers 5m apart. One player begins standing next to one of the markers. They are the 'roller.' They roll the ball out in any direction and then run to the other marker and back as many times as they can.
- Each time they reach a marker they score one point.
- The other player must retrieve the ball and place it back on the start marker as quickly as possible.
- 4 turns then change over.



**Who has the highest score?**

# 3 minute challenge

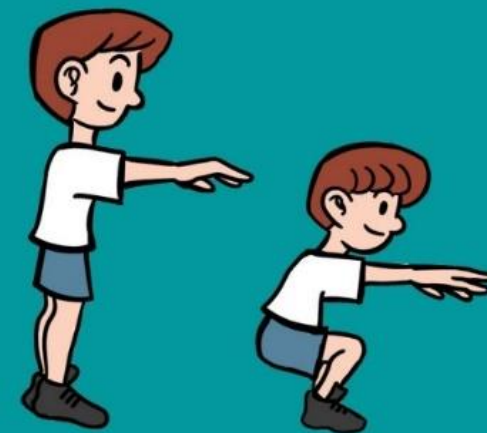


Get Set 4 P.E.

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

## How to play:

- You have 3 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?**



# Sock Boule



**What you need:** A target object, some rolled up socks and one other player

## How to play:

- Each player has three pairs of rolled up socks.
- Place the target object seven big steps away from you.
- Take it in turns to try to throw your socks as close to the target as possible.
- The winner for each round is the person who gets their socks closest to the target, they get one point for winning the round.



**Who is the first to 5 points?**

# Rock, Paper, Scissors



**What you need:** One other person



## How to play:

- Face each other and jump on the spot three times before jumping on the fourth jump either with your feet landing together to represent 'rock', jump with your feet straddled wide to represent 'paper', or jump with your feet one forwards and one back to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.
- If you have the space, winner chases their opponent trying to tag them before an end line.

**Who is the winner in your household?**

# Tails



Get Set 4 P.E.

**What you need:** 2 players min and a pairs of socks per player.

## How to play:

- Each player tucks the socks into the back of their trousers to make two tails.
- Players face each other and try to take a sock from their opponent.
- When successful, shout 'TAG'. Play stops whilst the tagger places the additional sock into their trousers.
- The winner for each round is the person who gets all four socks, they get one point for winning the round.



**Who is the first to 5 points?**

# Fill it up



Get Set 4 P.E.

**What you need:** Six socks and two pots

## How to play:

- Players have one pot each that they place 6m apart.
- Place six socks in the centre.
- Players start at their pot and run to the middle, taking one sock back to their pot. Continue until there are no socks left in the middle, then run to your opponents pot to collect one sock at a time.
- Who is the first to have 5 socks in their pot?
- Playing by yourself? From a pile of socks 6m away, how many can you get into your bucket in 1 minute?



**Take small steps so that you can change direction quickly.**



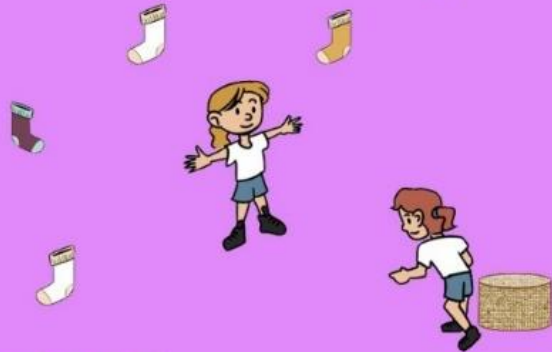
# Capture the socks



**What you need:** A basket, four pairs of rolled up socks and two players.

## How to play:

- Place the socks randomly in the playing area.
- One player (the attacker) begins at the basket.
- The defender begins three big steps away.
- The attacker has six attempts to collect a pair of socks and place them into the basket.
- The defender can tag the attacker once they leave the basket and if caught the attacker must return to the basket and start again.



**How many socks did you get in the basket?**

# Alphabet scavenger hunt



**What you need:** One or more players, a piece of paper, a pen and a stopwatch / clock.

## How to play:

- Find an object beginning with the letter A, bring it back to your start point and write the word of the item on your sheet.
- Continue for the entire alphabet.
- Playing against someone else? Who can complete the alphabet in the quickest time?

**How quickly can you find the alphabet?**



# 10-1



**What you need:** A little space

## How to play:

Complete the exercises below:

- 10 x Burpees
- 9 x Tuck jumps
- 8 x Lunges
- 7 x Star jumps
- 6 x Press ups
- 5 x Touch your toes and jump up
- 4 x Sit ups
- 3 x Squats
- 2 minute run on the spot
- 1 minute plank



**Now have a go at making up your own.**

# Play the deck



**What you need:** A pack of cards



## How to play:

- Assign each suit to an exercise e.g. clubs are sit-ups, spades are burpees, hearts are lunges, diamonds are squats.
- Place all cards face down and take turns to choose a card from the deck.
- Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.
- If a face card is chosen, run on the spot for 30 seconds.

**Can you complete the pack?**



# Mousetrap



Get Set 4 P.E.

**What you need:** 1 basket, 1 large bottle, a ball or pair of socks, 1 or more players.

## How to play:

- Turn the basket upside down. Tilt the basket as you keep it lifted at one end by placing it on top of the bottle.
- Using your ball or rolled up socks, try to hit the bottle so that the basket drops to the floor.
- Playing with a partner? Who can knock the mousetrap down first?
- Make this harder by standing further away when you make the throw.
- Then try balancing the basket with different items such as a trainer or some toilet rolls.



**How's your aim?**

# Find the spoon



Get Set 4 P.E.

**What you need:** One other person and a spoon.



## How to play:

- One person hides the spoon. The other person has to find it.
- Time each other and see who can find the spoon in the quickest time.
- Make this easier by saying 'hot' if the person looking for the spoon is close to it and 'cold' if they are moving away from it.
- Have more than two players? Play who can find it first with an agreed forfeit at the end.

**Can you find the spoon?**