



# Scole C.E.V.C Primary School

## P.E. Activity Ideas 2



Skip! Keep practising!	Use Cosmic Kids Yoga. Ask an adult to use the internet first.	Use your body to make the shape of a letter. Can you make every letter in the alphabet?	Make up your own 5 minute exercise routine to a song. What will you include?	Play outside in the garden.	Design & make an obstacle course at home or in your garden.	Do 10 laps of your garden. Make your own "Track Time!"
Play hide & seek.	Use the Super Movers (BBC) website. Ask an adult to use the internet first.	Throw and catch a ball with an adult. Can you think of a way to make it more difficult?	Roll up a pair of socks. How many times can you throw them into a bucket?	Plan an athletics lesson for your class – how could we run, jump & throw?	Write a list for Mrs Goldsmith telling her what after school clubs you would like to do next year.	Find some chalk & play hopscotch.
Make up a treasure hunt in your garden.	Write a list of 5 things you would like to do in PE next year.	Plan a sports day race for your class.	Find out ten facts about a sport you are interested in.	Make a poster about your favourite activities in PE lessons.	Bounce & catch a ball as many times as you can in 1 minute. Now try and "Beat Your Best!"	Ride your bike. Wear a helmet.
Help in the garden.	Play Simon Says with your family.	Your choice!	How long can you bounce a ball on a racket for? Keep trying to improve your score.	Try football keepy ups in the garden.	Can you remember the 5 basic jumps & try them out?	Use the GoNoodle ( <a href="http://www.gonoodle.com">www.gonoodle.com</a> ) website. Ask an adult to use the internet first.
Go for a long walk with your family.	Create your own game & teach it to someone so they can play too.	Dribble a football around some objects.	Throw & catch a ball against a wall. (Check with an adult first.)	Teach your family how to play "Beans!"	Try – hopping, jumping, hopscotch, jog, gallop, side step, march & tiptoe movements.	Play with a balloon. Keep it in the air for as long as you can!