

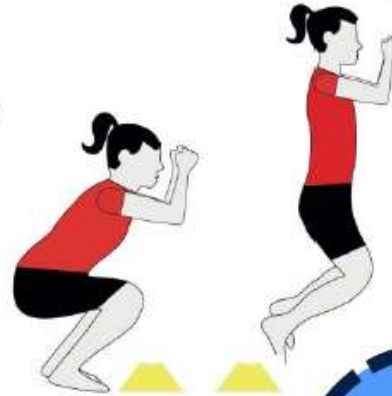
Standing Long Jump: 2

Home Physical Education

Can you encourage others to try and jump as far as possible?

How to play:

- Place a starting marker on the floor.
- Set up 3 distance levels. Level 1, one step away from the starting marker. Level 2, two steps away from the starting marker. Level 3, three steps away from the starting marker.
- Stand beside the starting marker on two feet. Which marker can you jump to safely landing balanced on 2 feet?
- How can we use our bodies to reach the marker furthest away?



Can you be positive even if someone jumps further than you?

Top Tips

Jumping Further

Keep your head up, swing your arms and bend your knees when you land.

Let's Reflect

How did you adapt your technique to be able to jump further?

How did you feel when you achieved a new jumping distance?

Treasure Chest

Home Physical Education

Can you congratulate other players if they score more points than you?

How to play:

- Place the 10 treasure items; socks, shoes, small toys at one end of the room, known as the treasure chest
- Run and collect an item and return it back to the start as quickly as possible.
- How many items can you collect in 60 seconds?
- Can you race against someone else to see who can collect the most items?



Can you run as fast as possible?

Top Tips

Run pumping your arms

Keep your head up so you can see where you are going to ensure that you are safe.

Let's Reflect

Were you able to keep running even when you were tired? Explain why.

Were you able to use the correct technique when running?

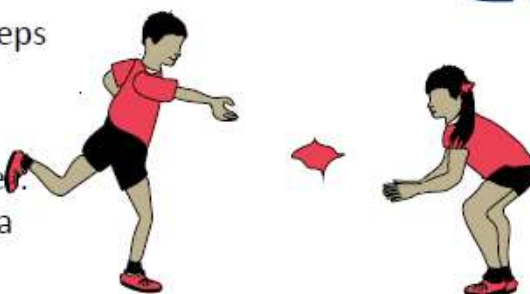
Top Ten

Home Physical Education

Can you encourage your partner even if they make a mistake?

How to play:

- With a partner, start by standing 3 steps apart.
- Throw a ball to each other.
- Challenge yourself to make 10 catches. Each time you make 10 catches take a step back.
- How many times can you throw the ball without dropping it?
- How far back do you get?



Can you concentrate on your throw and focus on where to aim?

Top Tips

Catching

Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.

Let's Reflect

How did you change your throwing technique as the distance increased?

How did it feel when you dropped the ball and how did you respond?

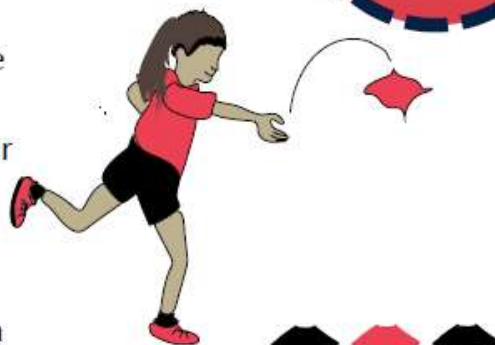
Three in a Row

Home Physical Education

Can you help other players if they are finding it hard?

How to play:

- Each player has 3 targets that they place on the floor.
- Each player takes 3 steps back from their targets when throwing.
- Players take turns to throw an object towards their targets.
- If a player hits a target it is removed. If a player misses they place a target which has been removed back in.
- The first player to hit all of their targets is the winner.



Can you challenge yourself to use the right technique?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Let's Reflect

Did you congratulate the winner of the game?

How did you feel when your throws were successful?

Wacky Races

Home Physical Education

Can you create your own Wacky race ideas?

How to play:

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet? Can you move backwards?
- What is the quickest way of moving? What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?



Can you challenge yourself to always try your hardest?

Top Tips

Crawling

Make sure your hands, feet are touching the floor, spread your hands wide, keep your head and bottom down.

Let's Reflect

Which way of moving was the easiest and which was the hardest? Explain why.

How did you feel if you did not win a race?