

## P.E. Activities

From the 'Unicef Table Top Challenge cards', choose an activity / game to play with your family each day.

Can you beat your own time / score each time you play?

# Show Your Skills

## Table Top Challenge Cards



Unicef Playground Challenge

### Blow Ball

Draw a line using a whiteboard pen on a large sheet of paper from one end to the other.

(Make it turn, zigzag, twist — anything to make it challenging.)

Mark a clear start and finish.

Each player should collect a straw and a pom-pom.

Take it in turns to blow your pom-pom from start to finish. Who will be the quickest?



Unicef Playground Challenge

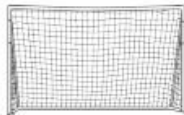
### Cup Goal

Tape a cup to each edge of your table so that it hangs level with the surface. These are your goals.

Each player needs a straw and a ping pong ball or pom-pom.

You could mark out a football pitch using whiteboard pens.

By using a larger playing area (you could join tables together), you could play in teams of 2, making passes and working together to shoot or defend.



Unicef Playground Challenge

### Paper Plate Marble Maze

Stick short strips of paper onto a paper plate to create bridges.

Number each bridge you add.

Roll a marble around the plate so that it travels under each bridge.

Can you roll under each bridge in number order?



Unicef Playground Challenge

### Table Top Skittles

Collect 10 plastic bottles, cups or yogurt pots.

Arrange them in a triangular formation: 4, 3, 2, 1.

Mark a starting point and roll a tennis ball towards the skittles.

How many attempts does it take to knock all the skittles over?



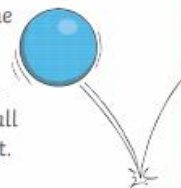
Unicef Playground Challenge

### Ball Bounce

Each player has a cup, placed a set distance away from them. The aim is to bounce a ping pong ball into the cup. Who will get the ball in first?

How many balls can you get in the cup in one minute?

Each player sets out a row of 4 cups. The aim is to bounce one ball into each cup before your opponent.



Unicef Playground Challenge

### Challenge Time!

Invent your own table top challenge to show your skills.

Write your instructions on how to play and teach a friend the rules.

Create a book of games that you can play indoors during golden time or indoor playtime.



Unicef Playground Challenge

### Over to You!

Have a go at planning your own playground challenge obstacle course.

What will be the aim of the game?

What are the rules?

How do you win?

