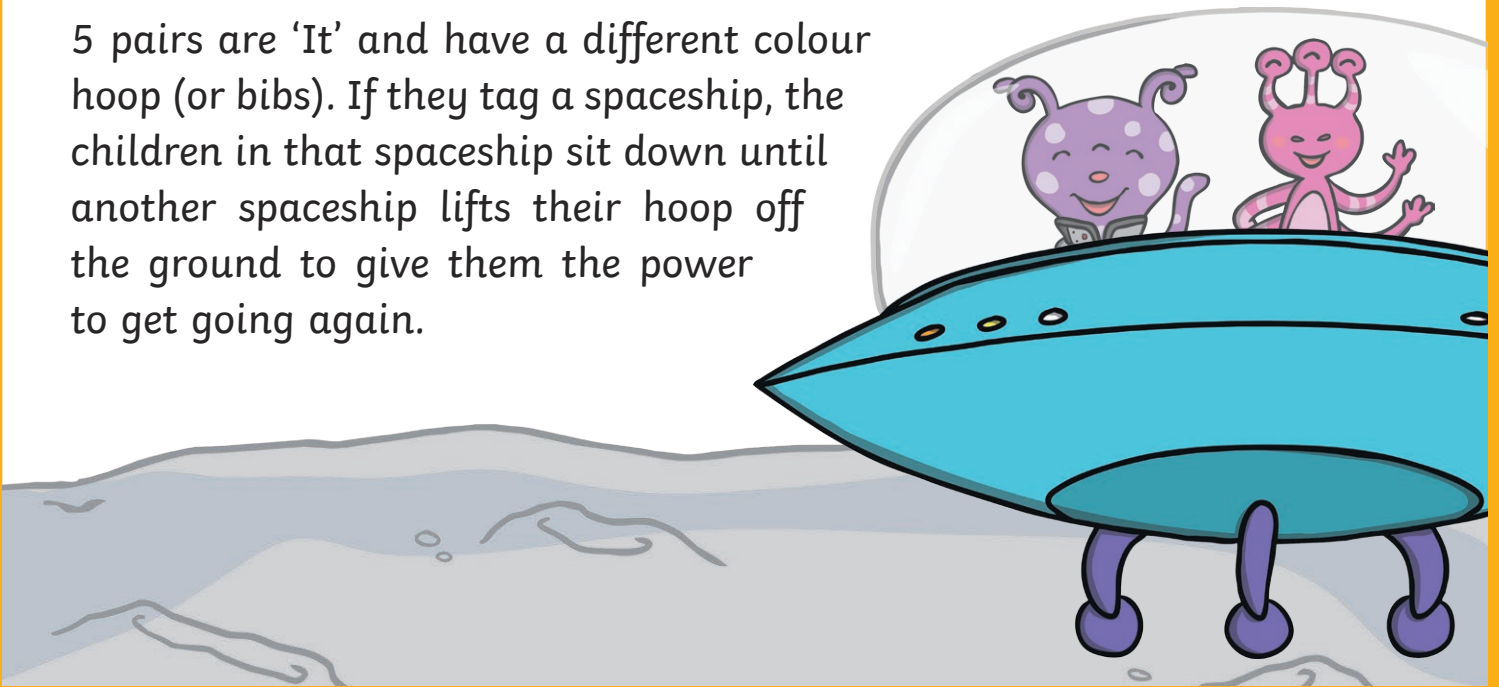


Find a partner and get into a hoop. This is your spaceship. Travel around the space carefully.

5 pairs are 'It' and have a different colour hoop (or bibs). If they tag a spaceship, the children in that spaceship sit down until another spaceship lifts their hoop off the ground to give them the power to get going again.



In this game, you need to run around the space.

Some children will be 'It'. They will have a sponge ball. They must throw the ball, trying to hit the other children.

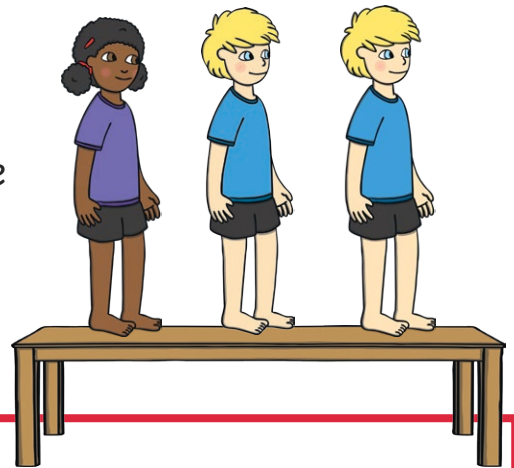
When you are hit, you become 'It' and swap over.

Can you use small steps, big steps, walk or run, or go on tiptoes?



**How to Play:**

- The rules to this game are simple; you cannot touch the ground!
- You need to be in the correct order to complete the task.
- You might be asked to get into height order or age order. Or even alphabetical order!

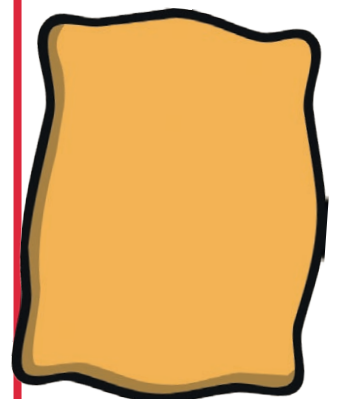
**Tips:**

- Communicate well so everyone in your team knows what is happening.
- Think of how you can help your team when moving around the bench; is there space?
- How many people should move at once? Can you lend a hand?

First, we need to get into groups of three. Number yourselves 1-3 and stand by a hoop. This is your nest.

In two central hoops, there are a total of 20 beanbags (eggs). When I call out your number and hold up a **Rob the Nest Card**, you need to get to the central nest and take an egg to bring back to your nest.

- If I call out another number before you have got your egg back to your nest, you must put the egg down where you are.
- If the central nest runs out of eggs, you can take them from other nests.
- You are not allowed to protect the eggs in your nest.
- The first group to get three eggs wins.



**How to Play:**

- On the floor, there are lots of different pieces of PE treasure!
- When I blow the whistle, one member of each team can go and collect one piece of treasure and bring it back. Place it in your hoop. The treasure you collect does not have to be the same colour as your hoop.
- Once you have had your turn, another member of your team can then go and collect another piece of treasure.
- Keep taking turns until there is no treasure left!



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In this warm-up, you will be pretending to be swimmers! Travel around the space and move your arms and legs as if you are swimming.

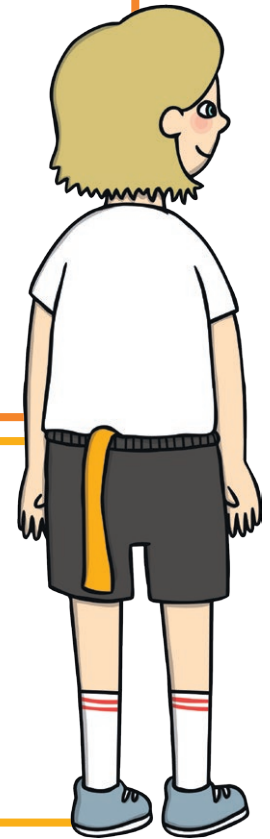
- When I call out 'Sharks!' you need to quickly get to safety.
- Around the space you will see some hoops. Two children can stand in one hoop. These are safe spaces that you can escape to.
- Run carefully to a hoop whenever I shout 'Sharks!'
- Hoops will start to be taken away. This means that some people may not be able to get a hoop.
- If you don't find a safe place inside a hoop, you need to do five star jumps. Then you can join the game again!



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**Round 1:**

- You are all both rats and catchers!
- You need to try to catch each others' tails whilst making sure that no one catches yours.
- When you have caught someone's tail, drop it to the floor.
- You cannot take someone's tail until you have yours back!

**Round 2:**

- Keep the tails you catch.
- You want to collect as many tails as possible.
- Remember to dodge, turn and look about.
- If you lose your tail, sit out to one side.

In this warm-up, you will pretend that you are a person on television! I will use my remote control to give different instructions that might make you speed up, slow down or move backwards.

- **Fast forward** = Run carefully around the space.
- **Rewind** = Walk carefully backwards around the space.
- **Pause** = Stop moving and freeze!
- **Record** = Stand still and pull a silly face.
- **Slow motion** = Walk very, very slowly around the space.



Lie down in a space and pretend to be asleep.



You are toys in a toy shop at night.

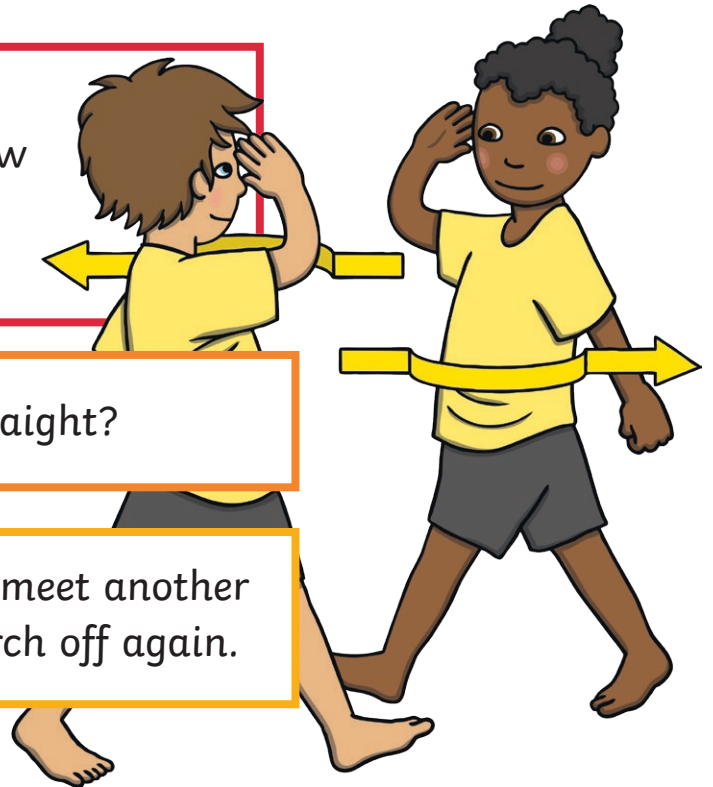
When the teacher bangs the tambourine, slowly wake up and start to move about the room like different toys.

Imagine you are a star. How do you want to move to the music?

You might try jumping, spinning, turning, gliding and zooming.



Move your arms and feet to the beat. Stop and move your legs. Now put them both together, moving opposite arm to opposite leg.



Are your arms and legs bent or straight?

March about the room. When you meet another person salute, about-turn and march off again.

Run about the space on wiggly pathways. When you meet another person, stop and jump up in the air together. Then carry along your pathway. How many different jump types can you do?



**Imagine you are a car travelling on the road.**

Traffic lights give you instructions about how you should move, and when you should stop. I will call out a colour, and you should follow the instructions of each colour.



**Red = stop**

**Yellow = jog on the spot**

**Green = jog**

Skip about the room to the tune 'Pop Goes the Weasel'.

Every time the music says 'pop', jump.

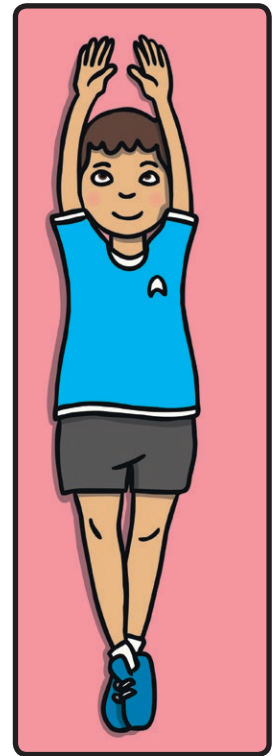


Before you can use playdough, it needs to be rolled out.

Pretend to be a piece of playdough.

How many different ways can you roll?

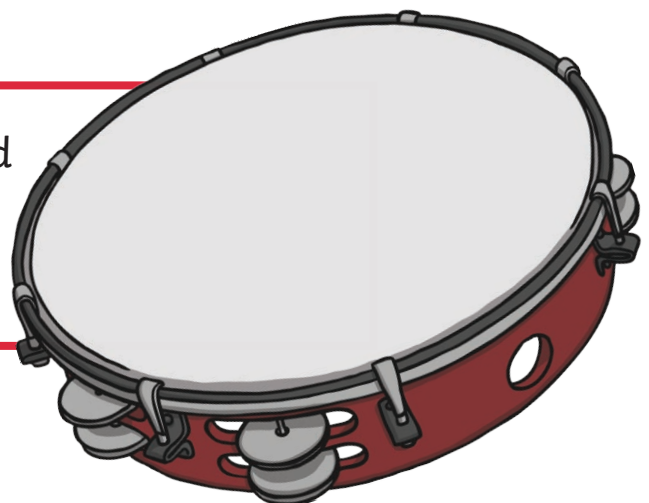
Try rolling at different speeds.



Move about the room to the rhythm of the tambourine. Change your movement as the rhythm changes.

In what different ways can you move to the rhythm?

When the teacher says 'stretch' and bangs the tambourine, stop and stretch out a part of your body.





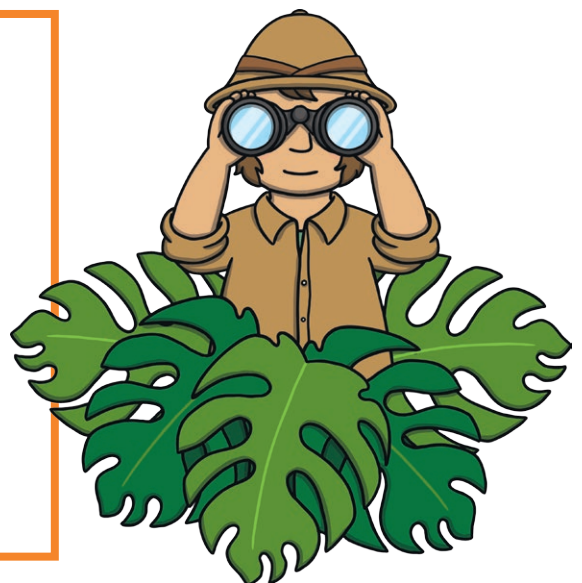
In what different ways can you stretch?  
Start lying on the ground, how can you move from there?



For our warm-up today, we are going to pretend we are jungle explorers! In the jungle, we will discover all sorts of things.

When I call out the name of each discovery, you need to move in a particular way, or carry out a particular action.

- **Quicksand** - walk through it, lifting your legs up high
- **Snakes** - tiptoe quietly
- **Logs** - jump over them
- **Monkeys** - pretend to be a monkey!
- **Tigers** - run away
- **Branches** - duck under them



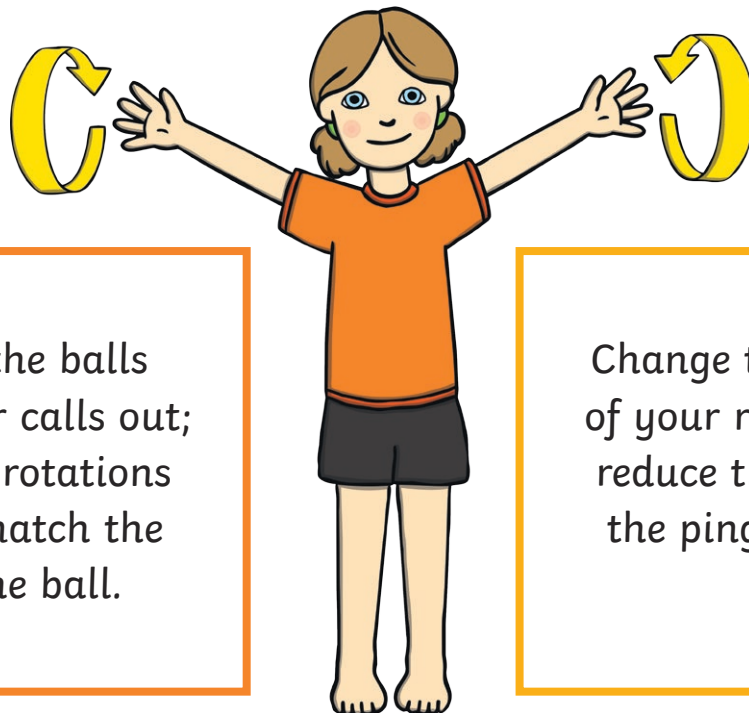
Let's start our PE lesson warming up to make sure we are ready for the physical activity. In this game, you need to listen carefully to my instructions - but then do the opposite!

- So if I say 'Up', you need to crouch down.
- If I say 'Stop', you should start to jog around the space.
- What actions do you think you should do if I say 'Down'?
- What about 'Go'?
- Let's try it!



Up!

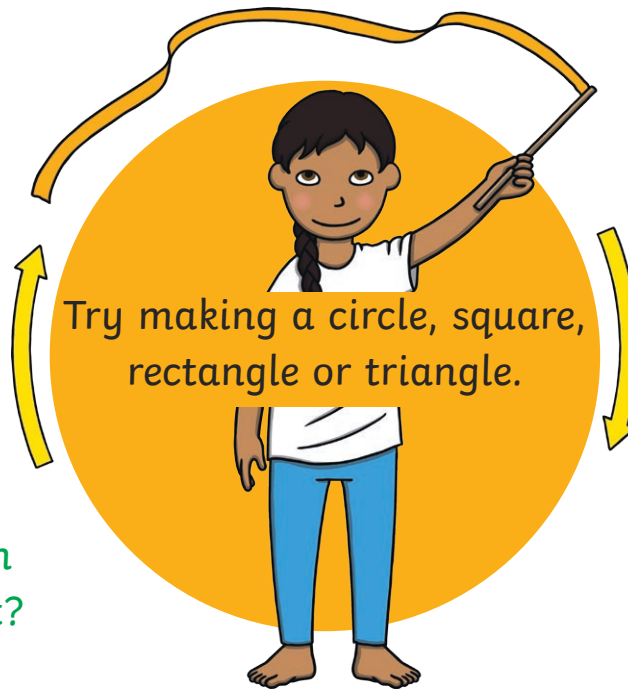
**Find a space to stretch your arms out wide in. Think about a ping-pong ball. Start rotating your arms around it.**



Listen to the balls your teacher calls out; make your rotations larger to match the size of the ball.

Change the direction of your rotations and reduce them back to the ping-pong ball.

Have a play with your streamer or scarf.



What shapes can you make with it?

Can you write your name with it?

**Imagine you are onboard a pirate ship!** Travel around the space as if you are a pirate. Listen out for your instructions.

- **Climb the rigging:** Move your arms and legs as if you are climbing a tall ladder.
- **Wash the decks:** Crouch down low and pretend to wash the floor. Move your arms from side to side.
- **Shark attack:** Lie on the floor with one arm in the air.
- **Rats on board:** Sit on the floor hugging your knees, with your feet off the floor.
- **Land ahoy!** Put one hand above your eyes as if you have spotted land. Point with the other hand to show your fellow pirates where it is. Swap hands.

