



Get Set 4 P.E.

Countdown

What you need: Some space

How to play:

Pupils begin in their own space and complete the following exercises.

- 10 second sprint on the spot
- 9 x star jumps
- 8 x high knees
- 7 x squats
- 6 x sit ups
- 5 x tuck jumps
- 4 x lunges
- 3 x touch the floor and jump high
- 2 x burpees (place hands on the floor, jump feet out backwards and back in, and then jump up)
- 1 minute run

Ask the pupils to create their own actions and complete the activity again.



**Keep
going.**



**We can
do it.**

Considerations / options:

- Allow pupils to rest in between and to go at their own pace.
- Encourage them to support and praise one another.