



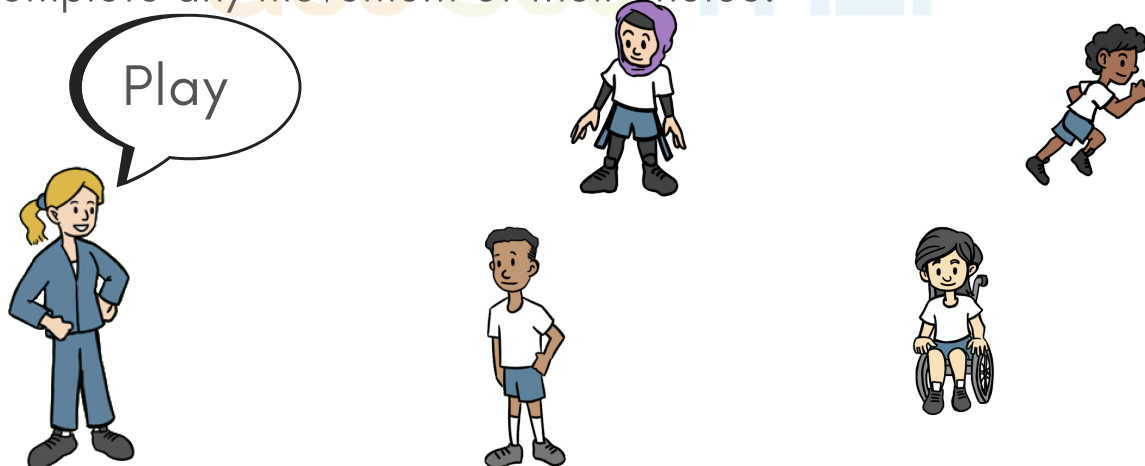
Get Set 4 P.E.

Remote Control

What you need: Some space

How to play:

- Ask the pupils to stand in their own safe space away from anyone or anything.
 - Ask them to begin by walking around the space showing an awareness of others.
 - Progress to jogging around the teaching space.
 - Then pupils move around the area, responding to the following instructions:
- Play: walk
 - Fast forward: run
 - Rewind: run backwards
 - Pause: jump up and down on the spot
 - Record: select a pupil for everyone else to copy. They can complete any movement of their choice.



Considerations / options:

- Option to have children all running in the same direction or in straight lines to avoid one another.