



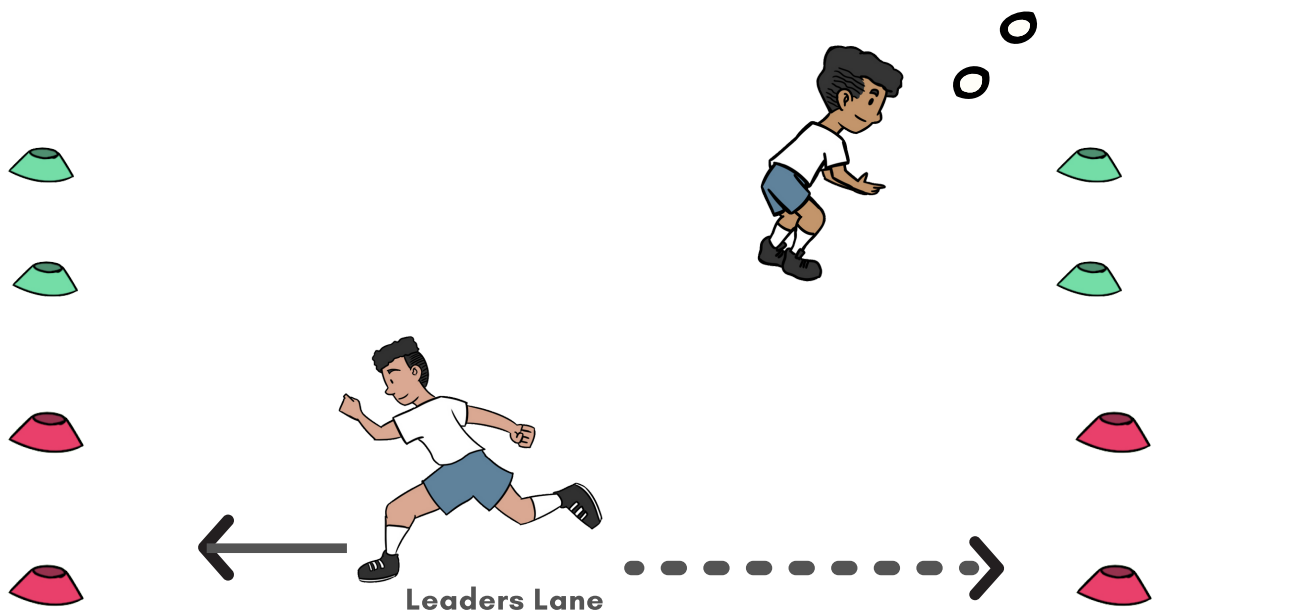
Get Set 4 P.E.

Which way?

What you need: two lanes, three players minimum.

How to play:

- Create two lanes 8m in length. One lane is called the leaders lane.
- Two players challenge each other in each round. One player in each lane.
- Both players face each other in the centre of the lanes.
- The player in the leaders lane is the 'leader'. They must try to sprint to pass either end of their lane before their opponent.
- The leader can change direction as many times as they like, trying to 'lose' their opponent before the end line.
- Rotate in any other players after each round.



Considerations:

- Ensure there is a 2m gap between the lanes.
- Children waiting need to be 2m apart.
- Make this easier by decreasing the length of the lane.