



PE at home

GAMES



Parent support in simple activities



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GAMES #1

KINGS AND EMPERORS

- 1 Give each child a soft ball which they hold between their knees, this is their egg, and they must protect it.
- 2 Play with your child or if more than 2 players, form teams of King Penguins or Emperor Penguins.
- 3 Set up two nests for each penguin team for e.g. a spot at each end of the lounge.
- 4 Stand children at one end of working area.
- 5 On 'go', they must jump, holding the ball between their knees and make it to the other side.
- 6 If they drop the ball en route, they must bring their ball back and start again.
- 7 They must drop the ball from their knees to the target nest.

Extension:

Change the type of ball e.g. bigger or use a balloon. Try a variety of objects such as pillows, teddies or loo rolls! If they are getting good, try and get them out by rolling a soft ball along the ground and hitting the feet or legs.



tip:

Use a line of pillows as net and pick areas of the room/garden that are 'out'.

Note:

If playing with a balloon, the point is won when the balloon lands on the ground in the opposition's area or is hit out of play (e.g. hits a wall or sofa) by the opposition. If playing with a beach ball, you may wish to allow the ball to bounce once before being returned (this makes it a lot easier for the children to play). Therefore when the ball bounces twice, a point is scored.

Easier:

Children can hit the ball as many times as needed before it goes over.

Challenge:

Can only hit once before sending back over.



GAMES #2

LIVING ROOM VOLLEYBALL

Discuss with children that tennis, volleyball, badminton, etc. are all net wall games. Then discuss with them that sometimes we have variations of games such as wheelchair tennis or sitting volleyball. This activity is going to be played only by sitting on your bottom as in sitting volleyball; you will not be able to stand up to play the ball.



You can play this 1 v 1 in the living room or garden. Play with a beach ball or balloon as it will move slowly in the air. The aim is to hit the balloon/ball back and forth over the centre line (net) without stopping. Players cannot stand up and must play only sitting down. Remind children that the ball/balloon may not always come directly to them and they may need to shuffle over a little to be able to hit it back.

GAMES #3

MOVEMENT PATTERNS

Devise and perform a simple movement pattern on the floor. The pattern should include four different elements including jumps, rolls, rocks, spins, balances, and shapes. It should also include a definite start and end shape.

Shapes can be tall and wide, tucked, thin, symmetrical or asymmetrical.

Easier:

Less elements e.g. 2 or 3 with start and end shape.

Challenge:

Increase the number of elements included. Include equipment such as a ball or hoop e.g. can they carry a ball throughout the movement sequence in an interesting way.

Performance:

Allow children time to perform. Then discuss how sequence can be improved and perform again. Allow time for children to discuss with you how they can improve.

GAMES #4

STOP READY

Mark out a grid or square in the playing area (garden/living room). Children stand around the outside of the area. On your command the children need to jog around the outside of the space (no overtaking).

On the call STOP children need to freeze and perform a shape or balance. Start the command again for children to jog around the grid.

Extension:

Children can sidestep around, jog backwards, different travelling movement and also change direction.

tip:
Types of balance e.g. 1, 2, 3 point, using different areas of the body such as knees and elbows. Hold each balance for 3 seconds.

GAMES #5

UNISON GAMES

Explain that working in unison means working together at the same time. With your child(ren) copy this short sequence together:

Clap hands x4 , tap knees x4 , tap head x4, clap hands x4. Repeat several times to allow children to practice keeping in time. Continue counting in fours but ask children to change action – for example, tap elbow x4 or stamp foot x4.

Develop into a moving sequence: walk x4, clap x4, jump x4, clap x4, turn on spot with 4 steps, clap x4.

Task:

Children should create a sequence to perform. This sequence can contain any action that can be performed to the same beat pattern as the clap e.g. hop, small jump, stamping etc.

Easier:

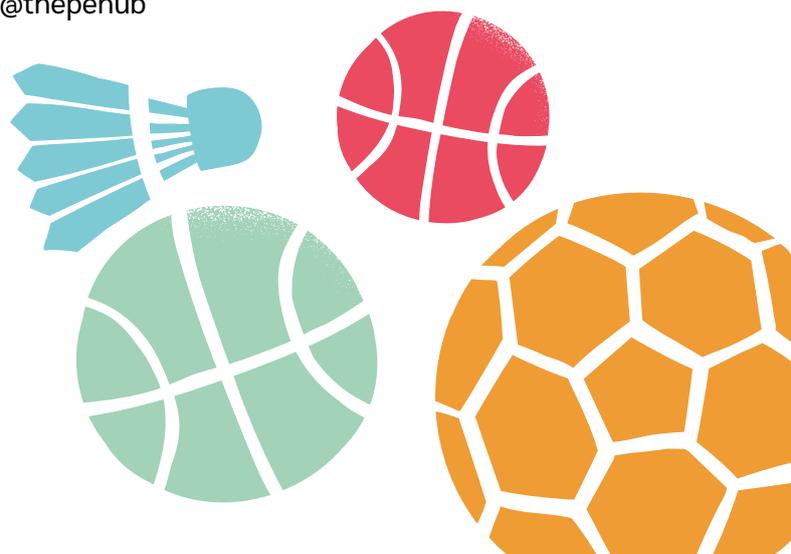
Allowing clapping x4 in between each move gives children the opportunity to keep up with everyone else.

Challenge:

Ask children if they can perform the same sequence moving backwards and sideways.

Extension:

Can they incorporate a balance and hold for 4 counts and resume movement to the count of 4? How many members of the household can you get involved to perform your sequence in unison? Film it and share with us on twitter, just tag us @thepehub



GAMES #6

BEAR GAME

Gather plenty of teddies and dolls! The parent will call out instructions which children need to respond to, mix up the commands to bring an element of surprise.

To the cabin

Children must run to an area of the house labelled the cabin.

To the woods

Children must run to an area of the house cabin labelled the woods.

To the river

Children run to a different area of the hall labelled the river.

Keeper's coming

Children lie flat still on the floor. After this command, they cannot move until you call 'All clear' – even if you call another command.

Climb the tree

On the spot children mimic climbing a tree until next command.

Bear Crawl

On all fours crawling around like a bear until next command.

Mummy Bear

Grab a teddy and put on your back and crawl around until next instruction.

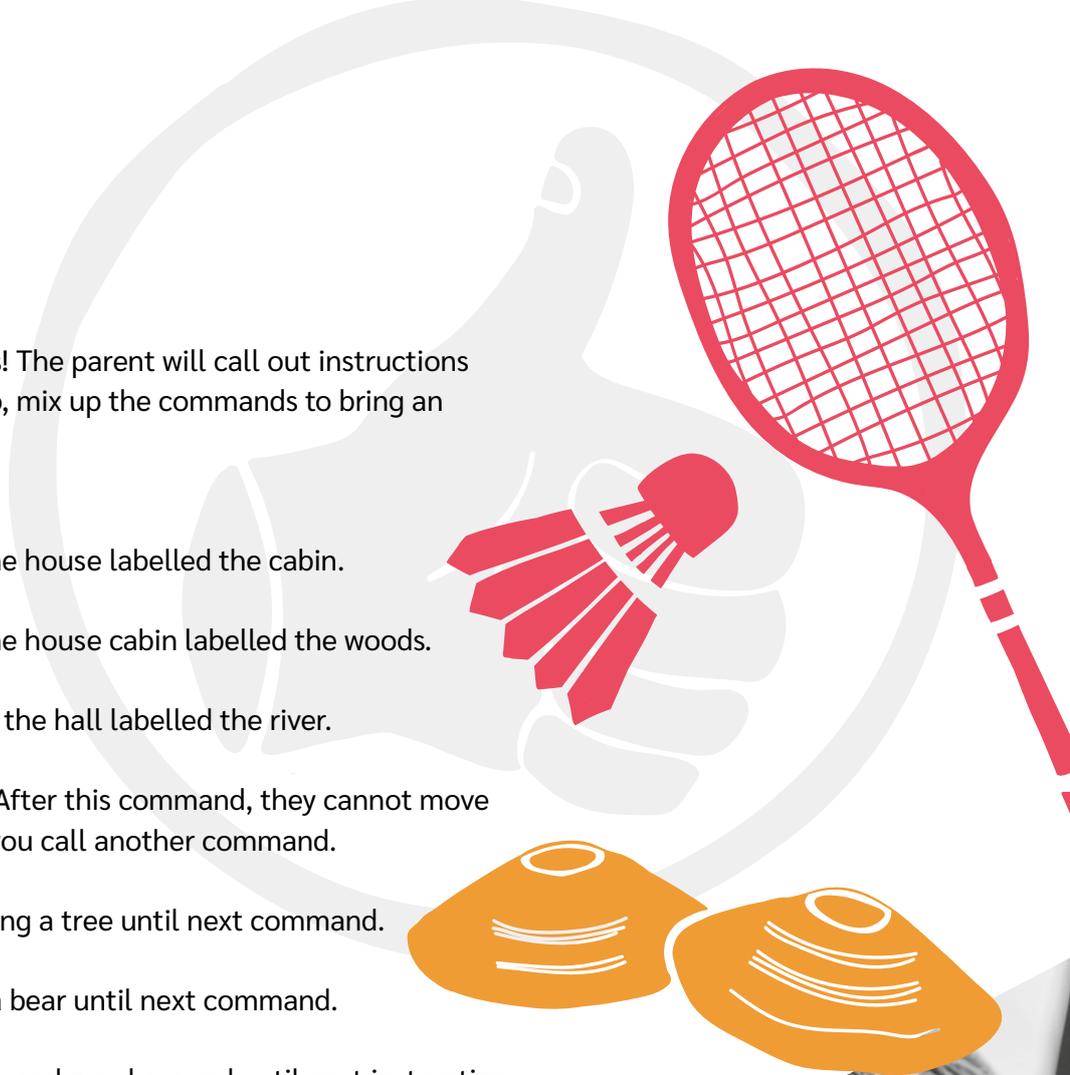
Swimming bears

Lie on tummy pretending to swim.

'X number' of bears eating honey (2 or 3, 4, 5 etc.)

Children grab teddies and dolls and sit down with them.

Adapt the instructions above to suit your needs.



GAMES #7

IN THE HAT

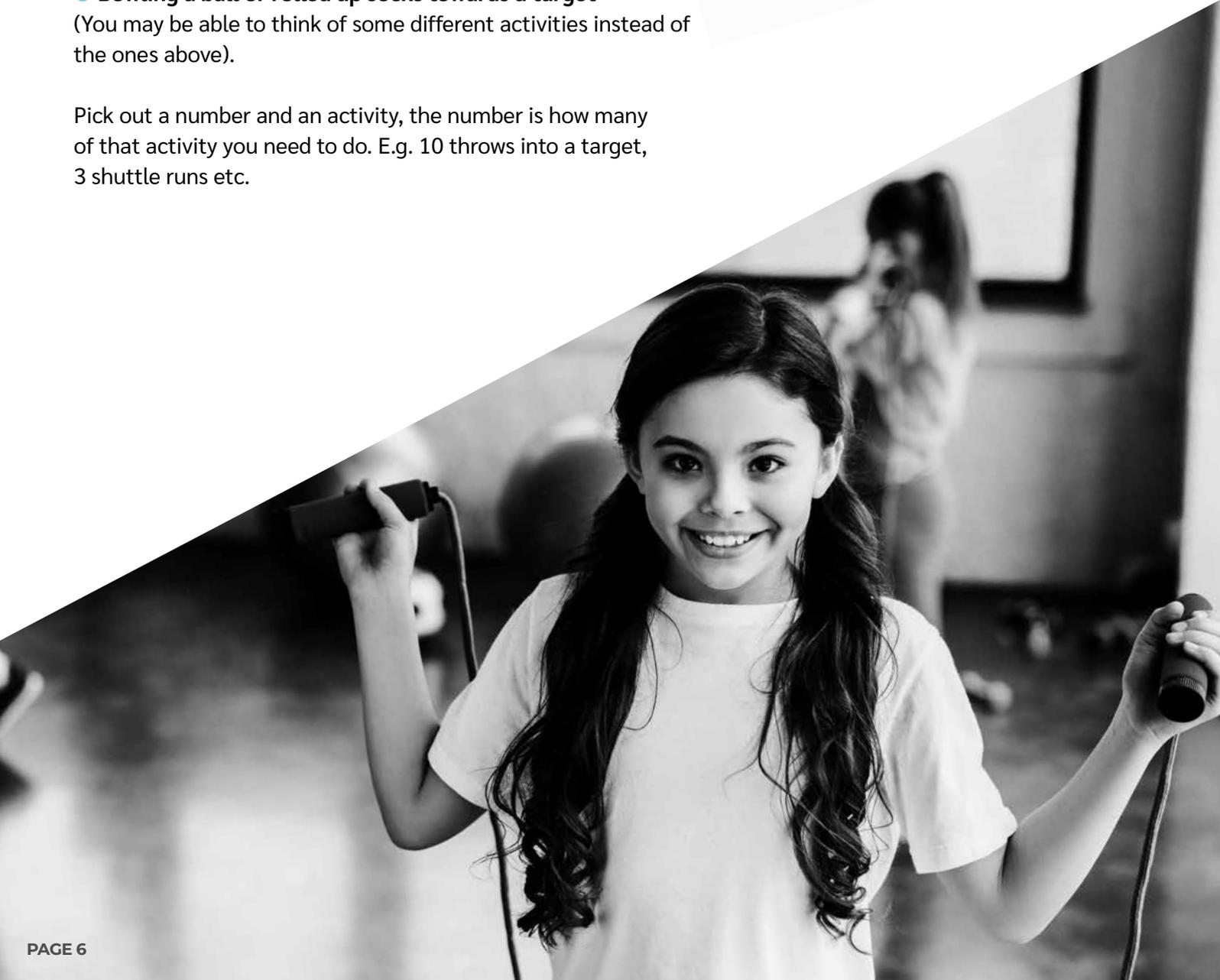
Write down 10 activities on different bits of paper and place them in a hat (suggestions below), write down the numbers 1-10 on different pieces of paper and place them in a different hat.

Suggested Activities

- Throwing a ball, teddy or socks up and down
- Hitting a ball, teddy or socks with hand
- Keepy ups with ball, teddy or socks (kicking keep ups)
- Catch back and forth with a partner
- Throwing into a target
- Speed jumps over a cushion
- Skipping (could use a skipping rope or dressing gown ropes)
- Pass a ball or object around your waist
- Shuttle runs
- Bowling a ball or rolled up socks towards a target

(You may be able to think of some different activities instead of the ones above).

Pick out a number and an activity, the number is how many of that activity you need to do. E.g. 10 throws into a target, 3 shuttle runs etc.



GAMES #8

TEDDY BEAR BALANCE

Work through the following balances using a teddy bear or other cuddly toy.

Head Can you balance it on your head?

Elbow Can you balance it on your elbow?

Foot Can you balance it on your foot?

Tummy Can you balance it on your tummy?

Back Can you balance it on your back?

Hand Can you balance it on your hand?

Can you balance more than one teddy at a time?

Next create a course for children to move through, it might include going around objects, going under or over depending on what is safe in your space. Can children balance their teddy on the above areas of their body whilst moving around the course?



GAMES #9

NOUGHTS AND CROSSES

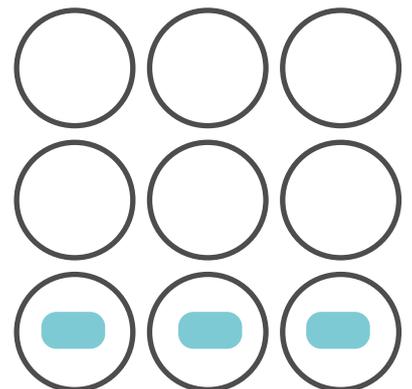
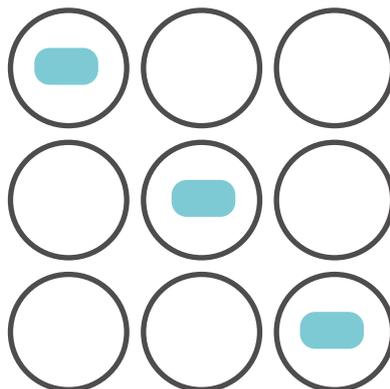
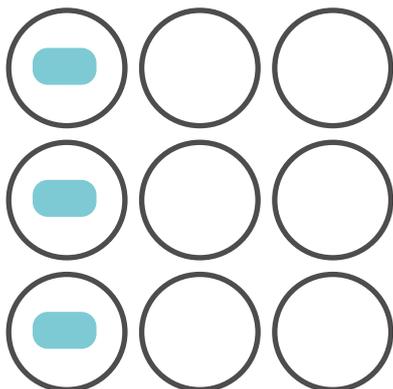
Create a large noughts and crosses grid using laid out socks/tape on the floor or dressing gown cords.

Each player needs a different coloured set of objects to represent their noughts and crosses for example a bundle of black sock and a bundle of white socks; anything that differentiates each player.

As in the paper version each player takes it in turn to lay down their marker. In this game there should be a start line so the players have to run out to the grid and back again. Ideal for garden or front lawn.

Extension:

Must perform an action before they can run out and place down their marker such as push up or sit up. Play best of 3/5/7 etc.



GAMES #10

SHOOTING CHALLENGES

If you have a variety of balls that is great, if not use bundles of socks of different sizes.

- Set up a target on the floor and measure out 4 – 5 markers from the target.
- From the first marker throw onto the target once.
- Move to second marker back and throw into target twice, if you miss go back to the previous marker.
- Move to third target and score three consecutive

goals, continue in this manner to the fifth target.

Extension:

- 1 Change the target to a bin or bucket.
- 2 Place target on an elevated surface such as chair.
- 3 Increase the distance of the markers.
- 4 Change the ball size/size of the sock bundle.
- 5 Shoot one hand only, dominant and non-dominant.
- 6 Decrease the size of the target.

GAMES #11

ROCK PAPER SCISSORS

A take on the classic game. The game is played where players deliver hand signals that will represent the elements of the game; rock, paper and scissors. The outcome of the game is determined by 3 simple rules:

Rock wins against scissors	Rock blunts the scissors
Scissors win against paper	Scissors cut the paper
Paper wins against rock	Paper wraps the rock

However, instead of hand signals players use their bodies to create the symbols.

Rock	Tuck shape
Paper	Straight shape, hand above head
Scissors	Star shape

To start the game, the two players jump on the spot to the count of 3 then on the 4th count choose their shape!



GAMES #12

BALLOON RALLY

Goal Ball Variation

The game can be played 1 v 1.

The aim is for the player to roll the ball over the goal line whilst their opponent attempts to stop it. The game must be played in a sitting or kneeling position and players are able to lie down to stop the ball.

You may not walk, run or get onto your feet while playing the game. You can move side ways in front of your goal but not forward.

Make the goals wide, so players much stretch to save the ball and give the player shooting a chance to score.

GAMES #13

BALANCE NUMBERS

Work in an open space, play some music the children enjoy allowing them to dance and move around the room. When you stop the music call out a number e.g. "two". The children must then balance on two body parts. Restart the music and then call another number.

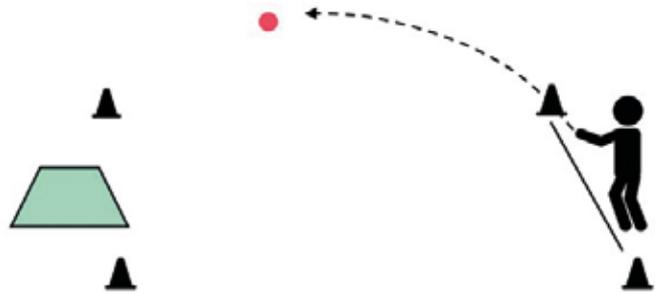
Adaptations

- 1 Must use a different variation of body parts each time.
- 2 Must hold each balance for 6 seconds.
- 3 Transition from one balance into another of the same number of body parts.
- 4 Transition from one balance into another with a different number of body parts.

GAMES #14

TOWEL TARGET

For this activity you will require a bath towel, a balled up sock and 4 markers such as paper cups or other balled up socks. Set up your towel as per the diagram.



Set the distance from the start line to the towel to be suitably challenging. Before each throw attempt perform a fitness movement this could be a push up or burpee, then take aim and throw!

If you successfully hit the target fold the towel in half and line up by the markers again.

Keep throwing and folding until the towel cannot be folded any more. Then reverse the process, until the towel is folded flat again. If you miss a throw, collect the socks and restart from the line, don't forget your burpee!

Adaptations

- 1 Swap hands
- 2 Increase distance
- 3 Stand on one leg
- 4 Roll instead of throw