



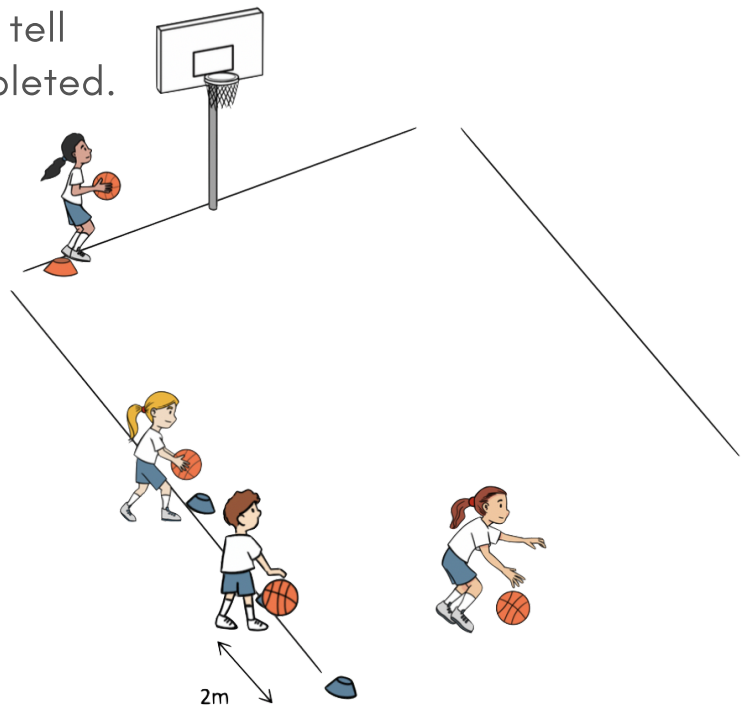
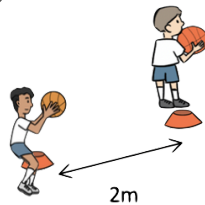
Get Set 4 P.E.

Beat my score

What you need: a post, one ball and marker per player.

How to play:

- Split the pupils into two teams.
- One team are the shooters and the other team are the runners.
- The shooters take it in turns to shoot at the post. They keep shooting until they collectively reach 5 goals.
- At the same time the runners must dribble a ball one at a time across the width of the court.
- Each time they run across the width and back it counts as one lap.
- When the shooters have reached 5 goals they stop the runners who then tell them how many laps they completed.
- Teams switch over.
- The team who runs the most laps are the winners.



Make this harder for the shooters by increasing the number of goals they must score.

Considerations:

- Ensure children are spaced 2m apart.
- Ensure pupils use their own ball.
- Option to play the game by shooting into a football goal instead of into a post.