

## Accuracy

- 3 in a row
- Battleships
- Beat the ball
- Boule
- Hopscotch
- Number ball
- Straddle ball
- Top target

## FMS

- Car park
- Count 1, 2, 3
- Countdown
- Creative me
- Heads or tails
- Letterbox
- Move with me
- Octopus
- Red light, green light
- Riverbank
- Run and jump
- Safari
- Shopping list
- Skipping challenges
- Splat
- Stickman
- Table football
- Team run
- Under the sea

## Developing tactics

- All change
- Capture the treasure
- Corners
- Defence
- Detective
- Quick, pass
- Which way?



## Games that could be played individually

- 3 in a row
- Countdown
- Creative me
- Hopscotch
- Skipping challenges
- Top target

## Games that could be played in pairs

- 3 in a row
- Battleships
- Boule
- Capture the treasure
- Count 1, 2, 3
- Defence
- Heads or tails
- Top target
- Which way?



# 3 in a row

**What you need:** one beanbag per player and 6 hoops.

## How to play:

- Players begin with one beanbag each.
- Split the players into two teams.
- Place three hoops in front of each team.
- Give the teams time to practise throwing into the hoops then..
- Players take it in turns with their team to throw their beanbag into a hoop. The first team to land a beanbag in each hoop is the winner.



## Considerations / options:

- If you are not using equipment use pebbles instead of beanbags and mark targets with chalk.



**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.



## Considerations / options:

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



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# All change!

**What you need:** one less hoop than there are players. Three or more players.

## How to play:

- Everyone begins in a hoop apart from one person.
- The person without the hoop stands in the middle and shouts 'all change'.
- Everyone must change hoops and try to jump in a new hoop including the person who has called 'all change'.
- The person left without the hoop begins in the middle for the next round.



## Considerations:

- Change how you travel from one hoop to the other e.g. hop, jump, skip.

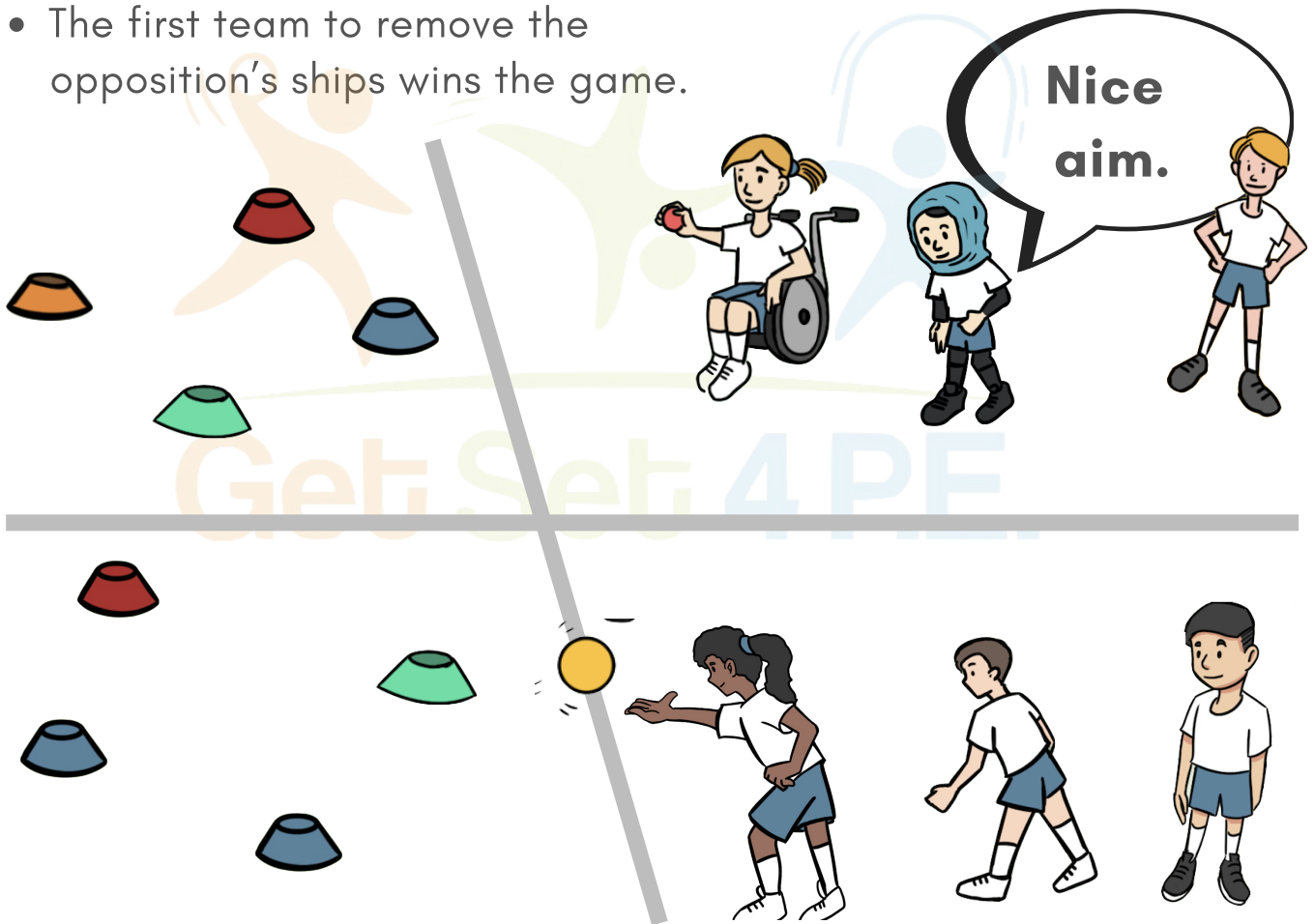


# Battleships

**What you need:** One ball per player, 8 cones or chalk

## How to play:

- Split the pupils in to two teams.
- Use a line to separate the two teams.
- Each team places four cones (battleships) on their side of the area but no further than 7m away.
- Pupils take turns to roll their ball to hit their opposition's cones. Any cone that is hit is removed until all of the cones are gone.
- The first team to remove the opposition's ships wins the game.



## Considerations / options:

- Make this easier by using a bigger ball.
- Make this harder by placing the cones further away.



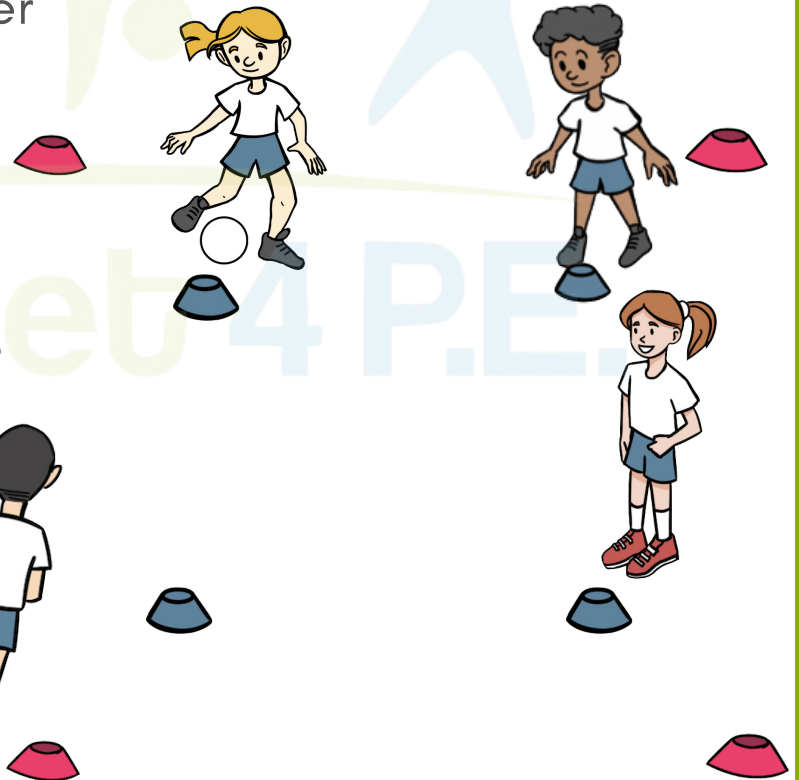
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# Beat the ball

**What you need:** 8 cones and one ball.

## How to play:

- Use the cones to create two squares. One inner square and one outer square.
- All players begin standing at a cone on the inner square.
- One player begins with the ball at their feet. They pass the ball the player on their left and then begin to run around the outer square.
- In the meantime all other players pass the ball to each other trying to get it back to the runners start cone before the runner.



## Considerations:

- Make this harder for the runner by allowing them to run as many times as they like until the ball reaches their cone.



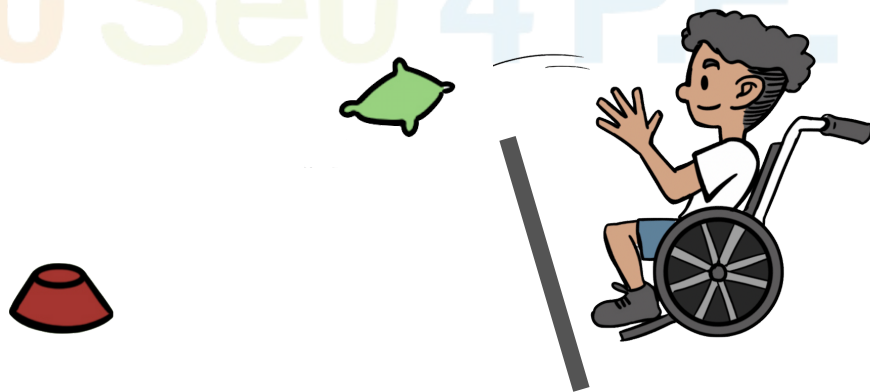
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# Boule

**What you need:** one marker and a beanbag or pebble per player.

## How to play:

- Players begin with one beanbag (or pebble) behind a start line.
- Place the marker a set distance from the start line.
- Players take it in turns to throw their beanbag to land as close to the marker as possible.
- The player whose beanbag lands closest to the marker is the winner of that round.
- First player to win 6 rounds is the winner.



## Considerations / options:

- Make this harder by starting further away from the marker.



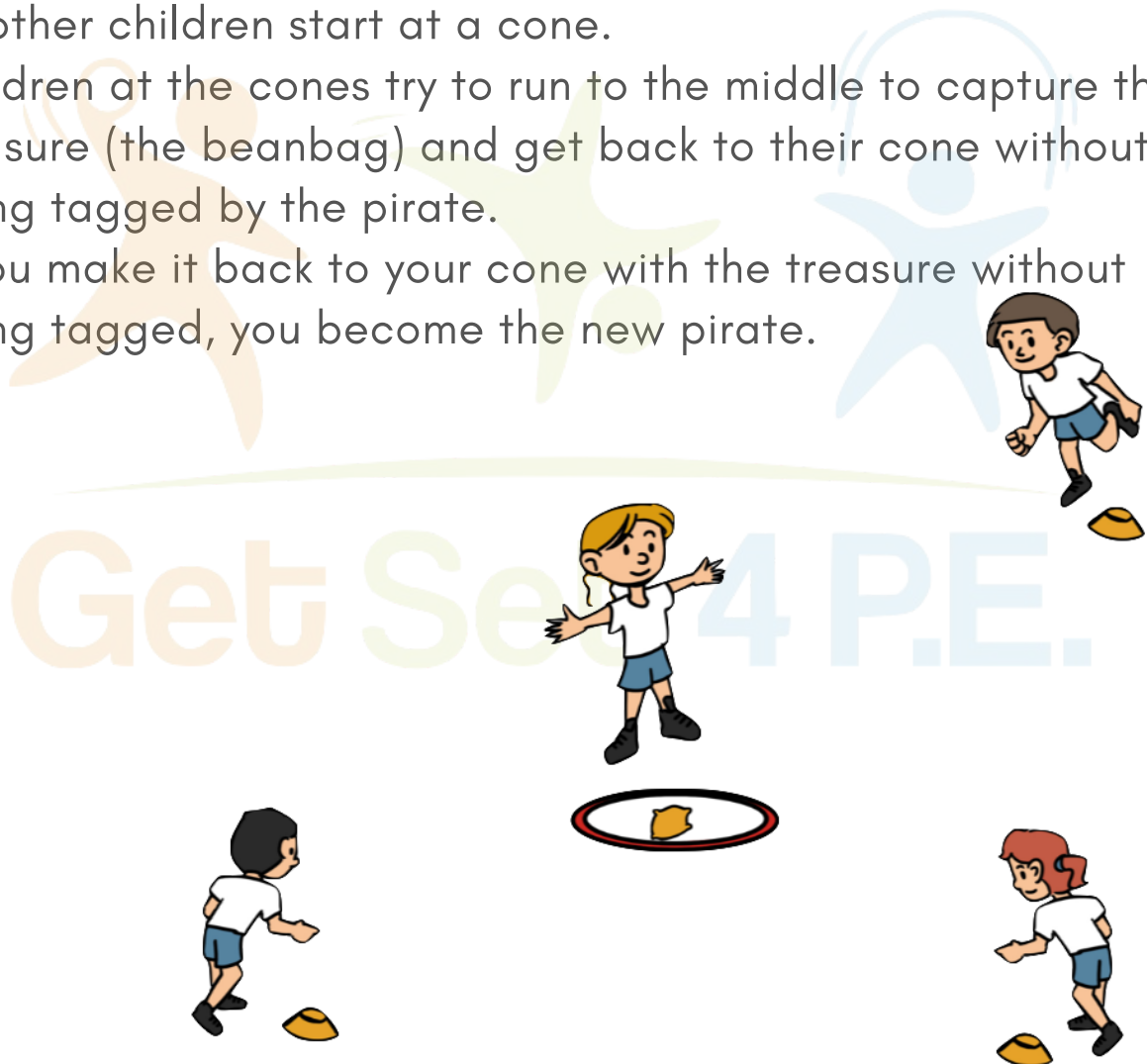
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# Capture the treasure

**What you need:** Three cones, one beanbag, one hoop and at least four players

## How to play:

- One person starts in the middle, they are the pirate.
- All other children start at a cone.
- Children at the cones try to run to the middle to capture the treasure (the beanbag) and get back to their cone without being tagged by the pirate.
- If you make it back to your cone with the treasure without being tagged, you become the new pirate.



## Considerations / options:

- Introduce the rule that you can throw the beanbag to other children to keep it away from the pirate.



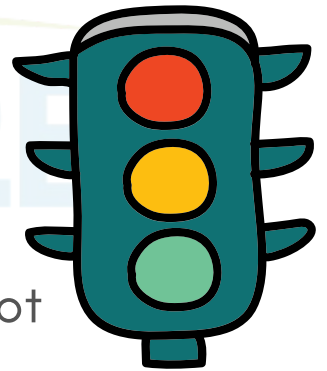
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# Car park

**What you need:** a space.

## How to play:

- Use all available space.
  - The leader calls out different instructions for the players to respond to.
  - When the leader says 'Car Park' players must quickly sit on the floor to park their car.
  - The first player to sit down wins 1 point.
  - The first player to 5 points wins the game.
- 
- Green: jog around the teaching space
  - Yellow: march high knees
  - Red: hold a balance on one foot
  - Roundabout: spin around once on the spot
  - Speed bumps: jump around the space



## Considerations / options:

- Make this harder by adding in additional instructions such as zebra crossing and ask the players for ideas for an action to go with this.



Get Set 4 P.E.

# Corners

**What you need:** Three cones and four players.

## How to play:

- Three people stand at a cone each.
- One person begins in the middle.
- The people at the cones have to change places with each other. They can call out or signal to the person they want to change with.
- As they change, the person in the middle tries to run to an empty corner.
- The person who doesn't get to a cone becomes the person in the middle.
- If the person in the middle is having trouble getting a cone, they can call out "all change". Then all children have to change places.



## Considerations / options:

- Play with more children by adding more cones

# Count 1, 2, 3

**What you need:** 2 players minimum

## How to play:

- Pupils begin facing each other.
- Pupil A says #1 , pupil B says #2 , pupil A says #3. They then begin again with pupil B starting with #1 etc.
- After a little while change saying #1 to an action e.g. a jump.
- Once pupils are use to this change #2 to an action e.g. a squat.
- Finally change #3 to an action e.g. a star jump.
- Once all numbers have an action how long can the players keep going without making an error?



## Considerations / options:

- Make this harder by specifying that the children cannot say the number they can only perform the action.

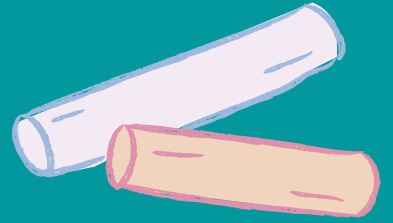




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# Creative me

What you need: chalk



## How to play:

- Give the pupils a piece of chalk each. Ask them to create their own activity that all pupils will have a go at completing.
- Allocate each pupil to their own space and give them 5 minutes to create their activity. E.g. this could be a challenge or a pathway in which the pupils need to complete different actions.
- Give the pupils time to show and demonstrate their creation.
- Pupils move around the activities in a carousel type set up.



## Considerations / options:

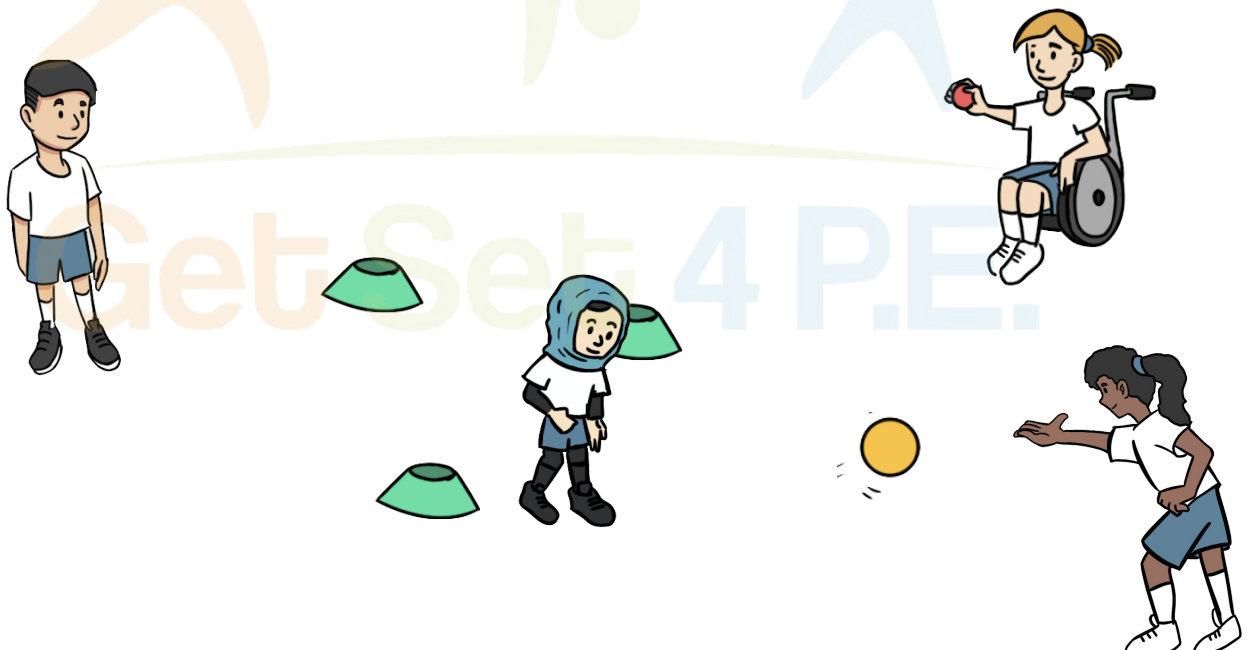
- The activities created need to be suitable for one player.

# Defence

**What you need:** One ball per player, three cones

## How to play:

- Three pupils stand in a triangle with a ball each.
- One pupil stands in the middle with three cones that are set up in a triangle formation.
- Each of the outside pupils take turns to try to score a point by rolling the ball to hit a cone.
- The pupil in the middle scores a point every time they stop a ball with their feet.
- Play for a few minutes before rotating roles.



## Considerations / options:

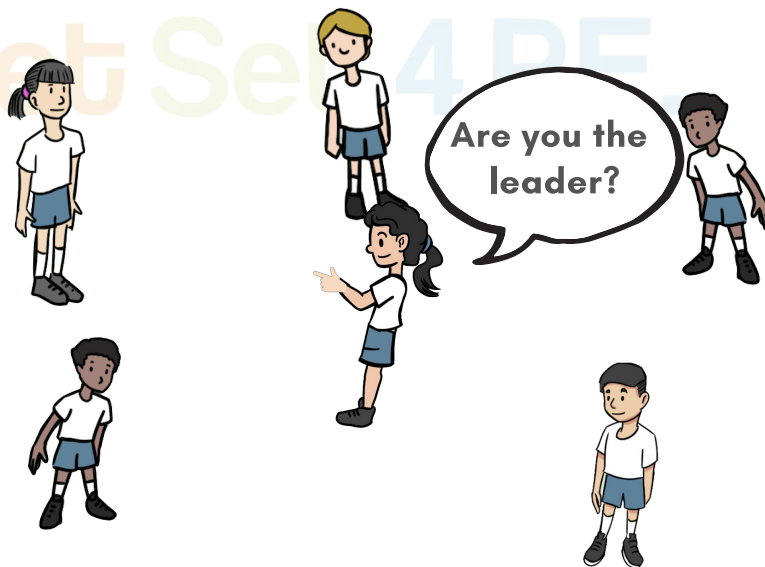
- Make this easier for the pupil in the middle by having less cones.
- Make this harder for the middle player by allowing the pupils to roll in a random order.

# Detective

**What you need:** A smile

## How to play:

- One player starts as the detective.
- All other players select one person to be the leader (without the detective knowing).
- Players stand in a circle with the detective in the middle.
- The leader performs an action on the spot that all other players copy. They can continue to change the action until the detective figures out who the leader is.



## Considerations / options:

- Make this harder by allowing the detective just three guesses.



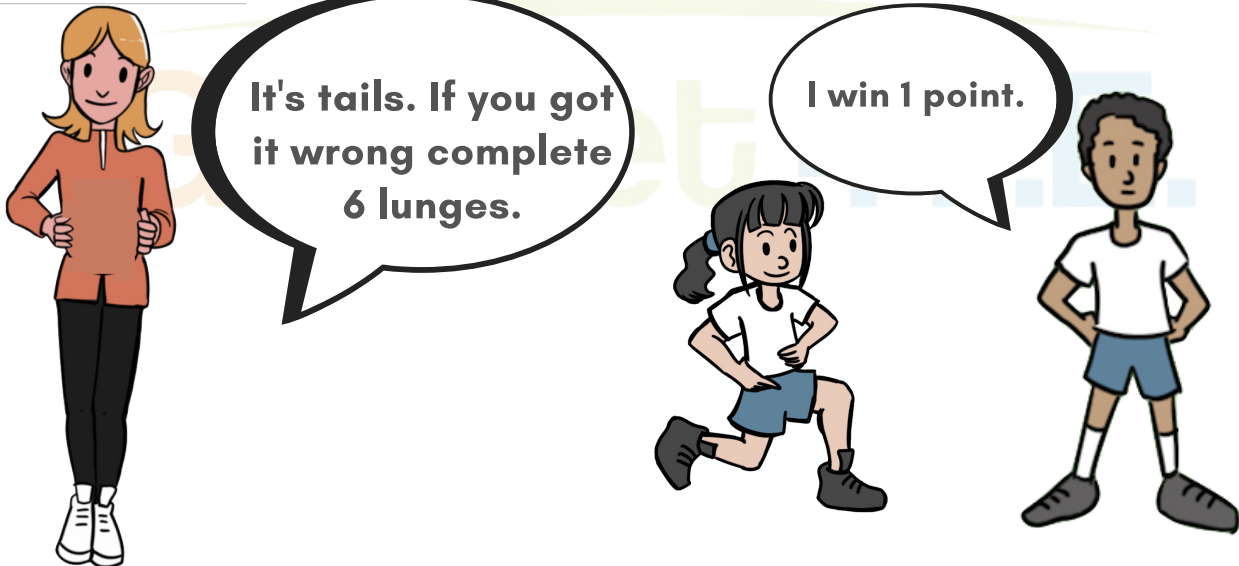
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# Heads or tails

**What you need:** one coin

## How to play:

- Pupils stand in their own space.
- The leader calls 'heads or tails'.
- The pupils place their hands on either their head for heads or their hips for tails.
- The leader tosses the coin. All pupils with the correct guess wins one point.
- All the players with the incorrect guess completes an exercise specified by the leader.
- The first player to win 10 coin tosses wins the game.



## Considerations:

- Play the game again. This time the pupil who won the game is the leader for the next round.



**Get Set 4 P.E.**

# Hopscotch

**What you need:** A hopscotch design or chalk to draw one, a pebble per player.

## How to play:

- Draw a hopscotch design on the ground.
- Players begin standing one behind the other with one pebble each.
- The first player throws their pebble to land on square one.
- The player then hops through the squares, skipping the one with their pebble on.
- They pick up the pebble on their way back.
- Then the next person goes.
- The winner is the first person to throw their pebble into each of the ten boxes.



## Considerations:

- Make this easier by using a beanbag.



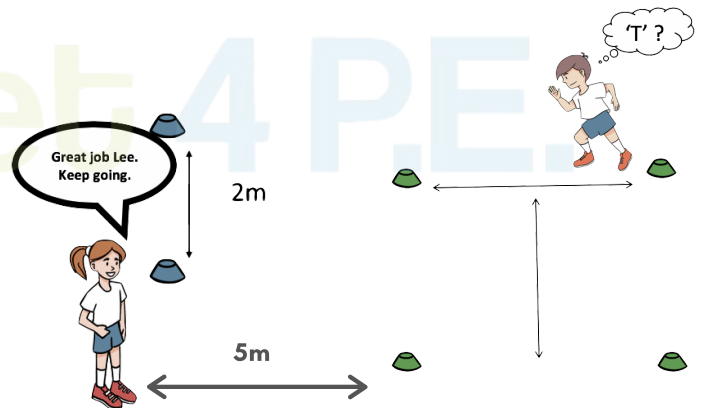
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# Letter box

**What you need:** a cone or chalk or line on the playground per pupil, plus 8 additional markers.

## How to play:

- Split the group into two teams.
- Create two 3m x 3m squares (the letter box) out of the markers (one per team).
- Pupils begin 2m apart, 5m away from their letter box.
- The leader calls a word. Teammates confirm the spelling with each other.
- One pupil from each team runs to their letter box and spells out the first letter by running between the lines of the letter in their letter box, then sprints back to their team for the next pupil to go to spell out the next letter.
- The first team to spell out the word wins one point.
- The first team to 6 points wins.



## Considerations:

- Encourage the teams to support each other and show good sportsmanship whether they win or lose.

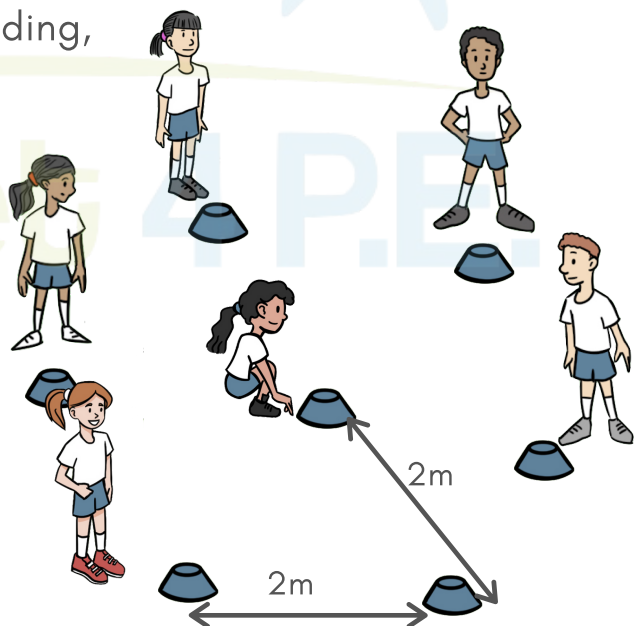


# Move with me

**What you need:** a cone or chalk or line on the playground per pupil and one for the centre of the circle.

## How to play:

- Pupils stand in a circle formation approx. 2m apart with one marker in the centre of the circle.
- The first pupil moves to the centre of the circle and performs any movement action of their choice.
- All pupils join in the movement for 8 repetitions.
- Then the pupil in the middle moves back to their spot in the circle and another pupil takes their space in the centre.
- Continue around all pupils.
- Once everyone has had a turn leading, the pupils try to add the actions together.
- Can they perform all actions x 8, then 7, 6, 5, 4, 3, 2, 1.
- Can they move in time with each other?



## Considerations:

- Make this harder by beginning with a higher number.





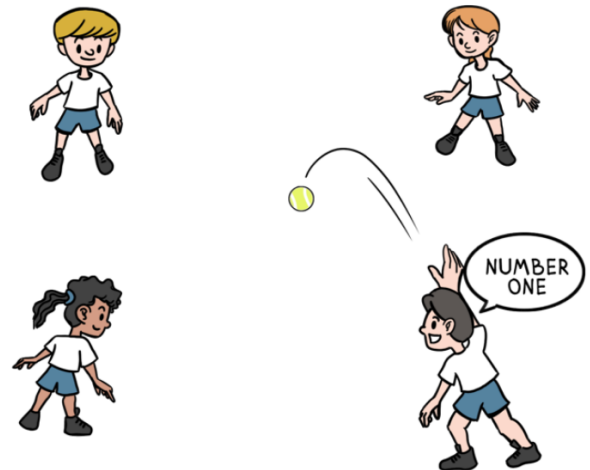
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# Number ball

**What you need:** one ball and at least three players.

## How to play:

- Stand in a circle.
- Give each person a number.
- One person starts with the ball and throws it up in the air and calls a number.
- The person whose number it is, runs to the middle and tries to catch the ball before it bounces.
- If you catch it, you get to call the next number.



## Considerations / options:

- Make this harder by standing further apart.
- Make this easier by allowing the ball to bounce once before catching it.



Get Set 4 P.E.

# Octopus

**What you need:** Five or more players.

## How to play:

- One person begins as the octopus in the middle.
- Everyone else begins at one side of the playing area.
- The octopus shouts 'run if you have a brother' or 'run if you had toast for breakfast' etc.
- If the octopus shouts something that is true for you, then you have to run to the other side without getting caught.
- If you get caught, you turn into seaweed. Seaweed has to stay still where they got caught but can try to catch other children as they run past.



## Considerations / options:

- Make this harder by having more than one octopus.



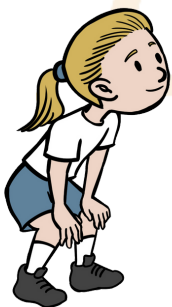
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# Quick, pass!

**What you need:** one ball and two markers.

## How to play:

- Place the two markers 5m apart.
- Players take it in turns to be the kicker. All other players are the fielders.
- The kicker begins at a marker with the ball. They kick the ball out into the field of play and begin to score points by running between the markers.
- The fielders must quickly retrieve the ball and make 10 passes between them using their feet. They shout 'STOP' once completed.
- Players have three turns as the kicker.



## Considerations / options:

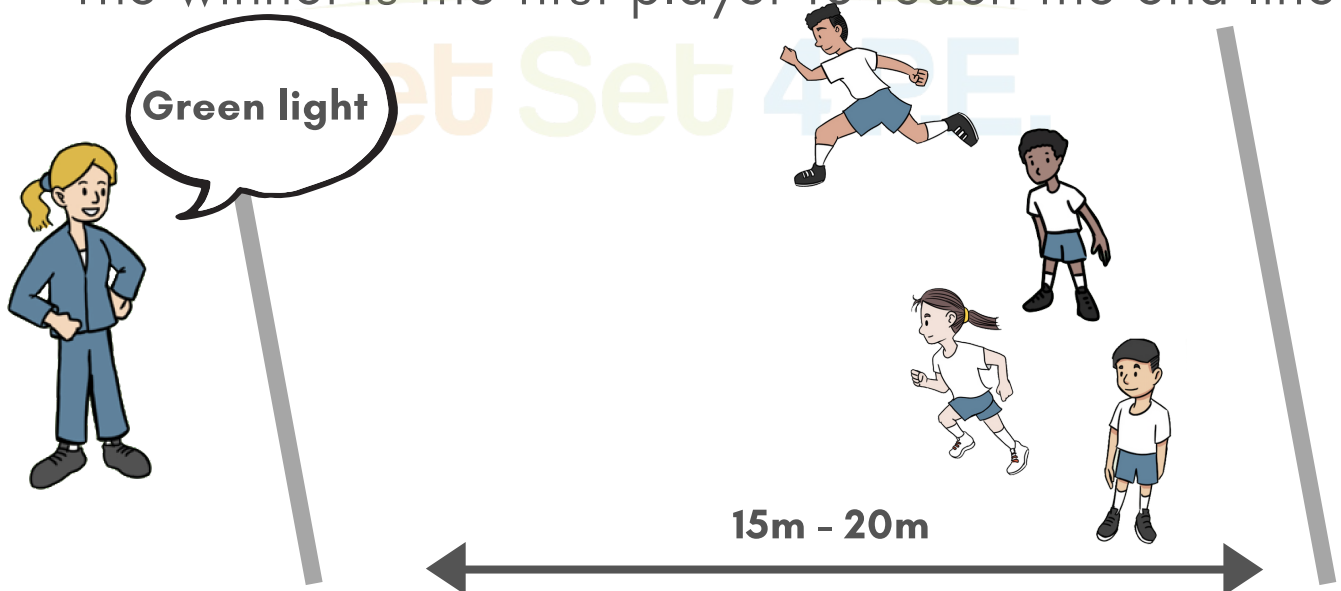
- Make this harder for the kicker by increasing the distance between the cones.

# Red light, green light

**What you need:** A 15m – 20m space

## How to play:

- Pupils start behind a designated start line.
- The leader starts at the end line 15m – 20m away.
- When the leader says 'green light' players try to run to the end line. When the leader says 'red light' players must stop.
- Any player that moves on the wrong call or do not stop when red light is called, they return to the start line.
- The winner is the first player to reach the end line.



## Considerations / options:

- Make this easier by decreasing the distance.
- Make this harder by holding up a red and a green cone instead of giving a verbal instruction.



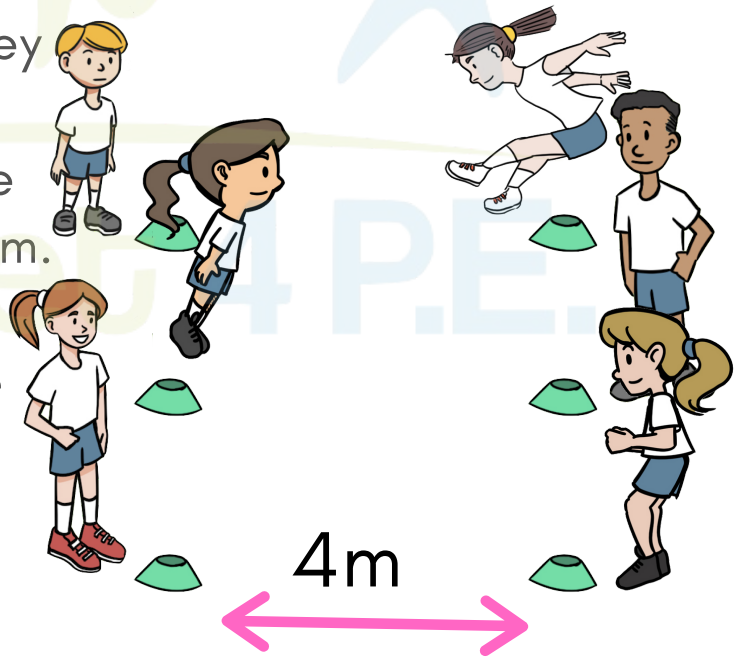
**Get Set 4 P.E.**

# River bank

**What you need:** one cone or chalk or line on the playground per player.

## How to play:

- Split your group into two even teams.
- Children stand behind their marker on the 'bank'.
- The leader calls 'river' or 'bank'.
- If the leader calls river, all children jump over their cone to land in the river. If they call bank, all children stay where they are.
- Keep calling river or bank and if the children move on the wrong instruction they run around the outside of the playground before joining the opposing team.
- The game ends when all players are on the same team.



**How good is your listening?**

## Considerations:

- Make this harder by asking children to hop over their cone.



**Get Set 4 P.E.**

# Run and jump

**What you need:** a cone or chalk or line on the playground.

## How to play:

- Split your group into two even teams.
- One team are the runners. The other team the jumpers.
- Runners take it in turns to run 4 lengths of your playground (adjust the distance where necessary).
- Whilst one runner is running, one jumper completes as many speed bounces over a marker as they can.
- Once the runner has completed 4 lengths the jumper stops.
- Then the next runner and jumper begin.
- Jumpers add their totals together to get a team score.
- Then teams change over.
- Which team can get the most jumps?

Change teams and play again, perhaps changing the jumps to burpees or an exercise have they learnt at home.



## Considerations:

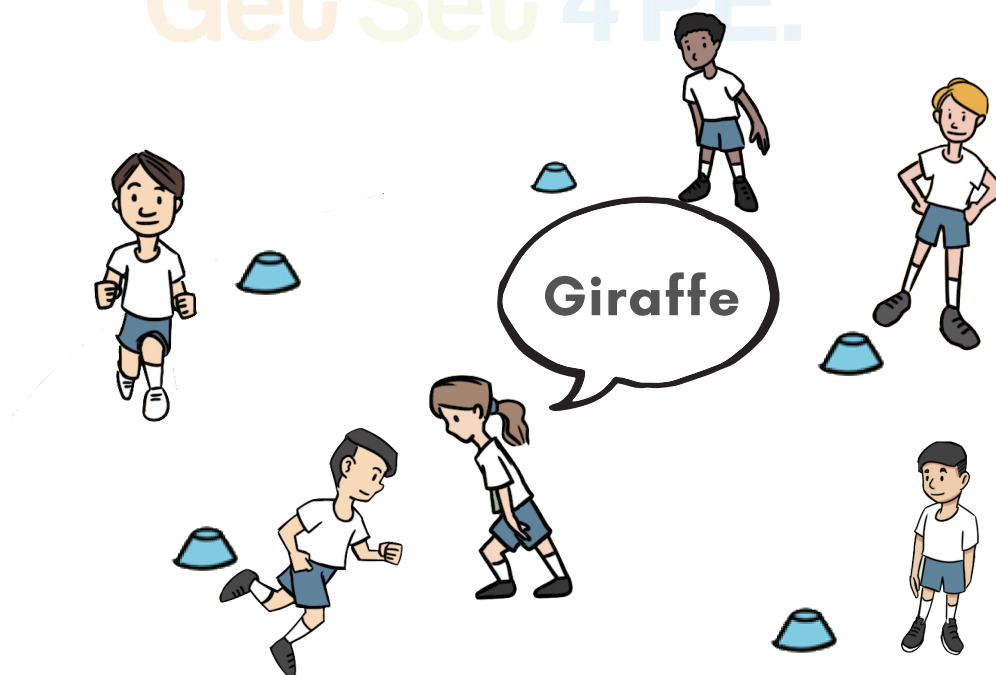
- It's a team game so encourage good sportsmanship and teamwork whether they win or lose.

# Safari

**What you need:** One cone per person

## How to play:

- Name each player either a monkey, giraffe or elephant.
- All players stand in circle at a cone with one player in the middle.
- The player in the middle calls monkey, giraffe or elephant. The named animals run around the outside of the circle trying to get to an empty cone before the others.
- The player in the middle also runs to stand at an empty cone.
- The last player to get to a cone stands in the middle and begins the game again.



## Considerations / options:

- If playing with fewer numbers use just two animal names.
- Make this harder by increasing the size of the circle.

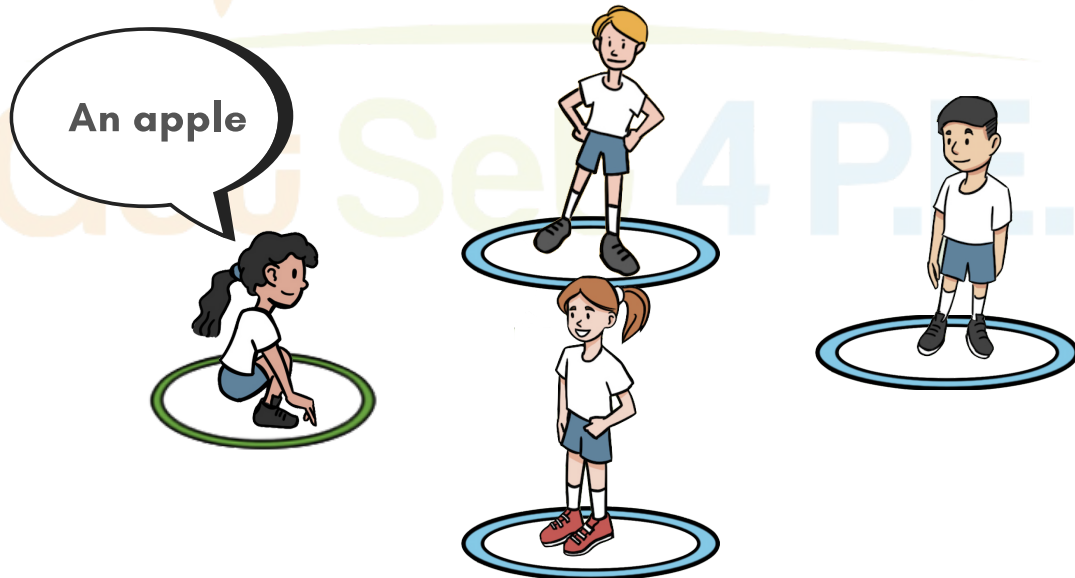


# Shopping list

**What you need:** 1 hoop per player

## How to play:

- Place the hoops in a circle formation with around 3m – 4m between each hoop. Assign one hoop as 'the shop'.
- Pupils begin standing in a hoop.
- Pupils skip in a clockwise formation to the next hoop whilst saying 'I went to the shops and I bought a...'
- The pupil in 'the shop' hoop says an item from the shops e.g. an apple. They also create an action for that item.
- All other players copy.
- Then everyone skips clockwise to the next hoop saying 'I went to the shops and I bought a...' this time all players repeat the first item, followed by the new item added by the pupil now in 'the shop'.
- Keep going for as long as the pupils can remember all of the items.



## Considerations / options:

- Make this easier by allowing the pupils to play without adding on the previous items.



**Get Set 4 P.E.**

# Skipping challenge

**What you need:** One skipping rope per pupil.

## How to play:

- Children begin standing in their own space and have a go at the following challenges.
- **Challenge 1:**  
How many consecutive skips can you complete?
- **Challenge 2:**  
Can you skip 5 times on your right foot and then 5 times on your left foot?
- **Challenge 3:**  
Can you skip with high knees, one foot and then the other?
- **Challenge 4:**  
Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.
- **Challenge 5:**  
Can you skip backwards?
- **Challenge 6:**  
Can you make up your own challenge and then teach everyone else?



## Considerations:

- Ensure children are spaced 2m apart.
- Make this easier by completing the jumps without a rope or in a long rope turned by someone else.



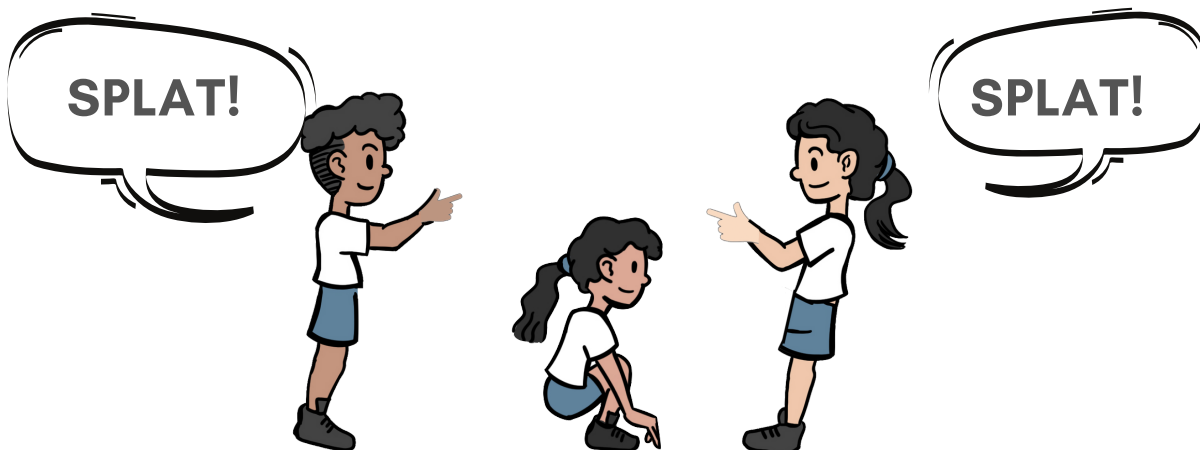
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# Splat

**What you need:** 6 players minimum

## How to play:

- Players begin standing in a circle.
- One player begins in the middle of the circle. They are the splatter.
- All players clasp their hands together, leaving their index fingers straight to create their 'splatters'.
- The splatter randomly points to a player and says 'SPLAT'.
- This player ducks and the players either side of the 'ducker' must 'splat' each other by pointing to the other and saying "SPLAT!"
- The last player to do this is out and must sit down.
- The splatter then chooses someone else to point to.
- When only two players remain they stand back to back and take slow steps away from one another until the splatter says...SPLAT.
- The winner is the quickest player to splat the other.



## Considerations:

- Ensure children are spaced 2m apart.
- Change the leader each time.



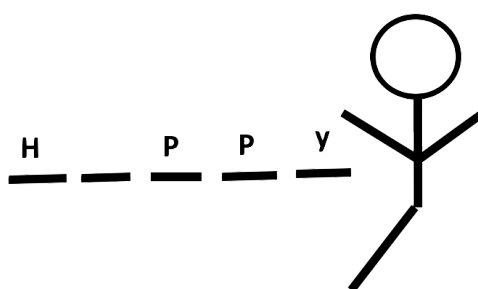
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# Stickman

**What you need:** a cone or chalk or line on the playground per pupil, a pen and a piece of paper.

## How to play:

- Pupils stand by a marker 2m apart.
- One person (the word master) chooses a word and draws lines on the paper, one for each letter.
- The pupils take it in turns to guess a letter that could be in the word. If they are correct the word master writes the letter on the correct line.
- If the named letter is not in the word, the word master draws part of a stickman and the player must complete 10 of one of the below exercises.  
star jumps / hops / sit ups / jumping twists / press ups
- Can the pupils guess the word before the word master draws a complete stickman?
- NB. stickman to include head, body, two arms and two legs.



## Considerations:

- Ensure children are spaced 2m apart.
- It's a team game so give the pupils time to discuss potential words before confirming their guess.



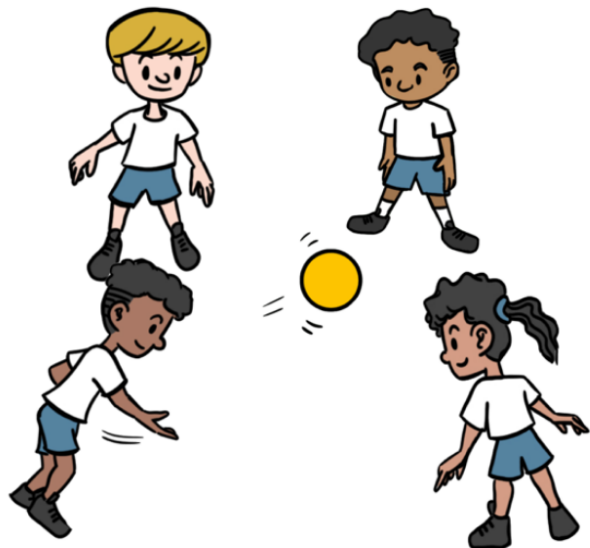
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# Straddle Ball

**What you need:** One ball

## How to play:

- Stand in a circle with your legs apart.
- One person starts with the ball and tries to roll it through someone else's legs.
- Use both hands to try to stop the ball.
- Score a point each time you get it through someone's legs.
- First to 7 points wins!



## Considerations / options:

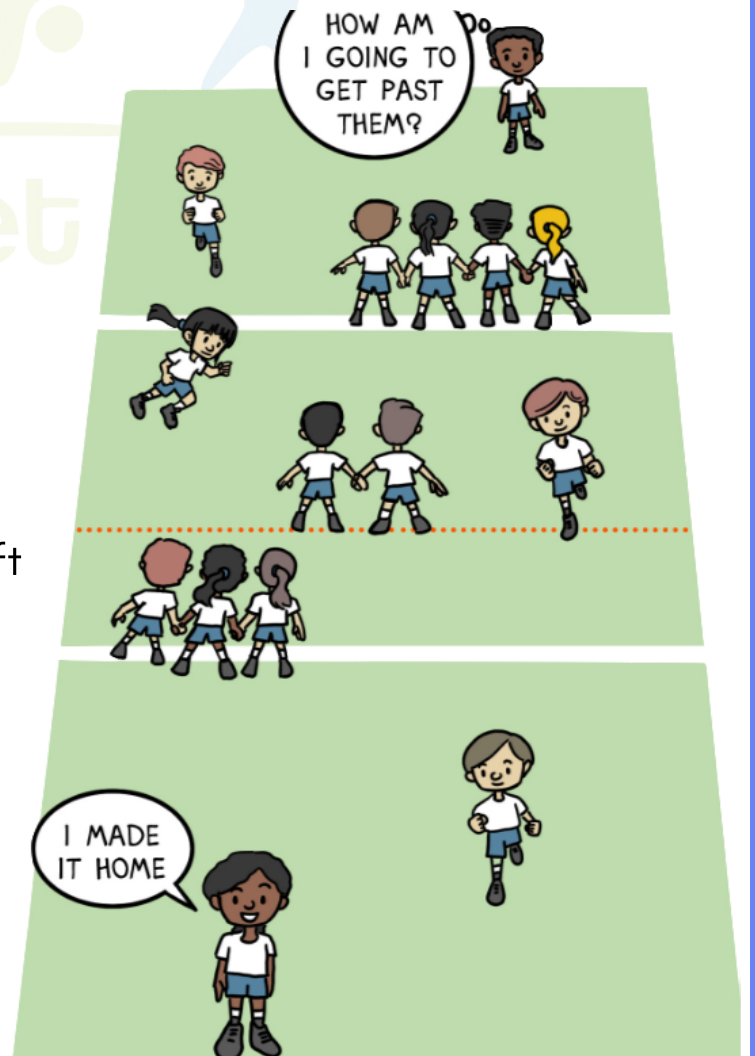
- Make harder by standing further apart or using a smaller ball.

# Table football

**What you need:** Lines on the playground and six or more players.

## How to play:

- Two children start on a line, they are the taggers and they are only allowed to move sideways along their line.
- All other children begin at one end of the playing area.
- One of the children on the line shouts 'go'.
- All other children try to get from one end of the playing area to the other without getting tagged.
- If they are tagged, they join the tagger on the line and hold hands. They then move together along the line to try to tag others.
- The winner is the last child left who is not tagged.



## Considerations / options:

- Make this harder by not joining hands on the line.



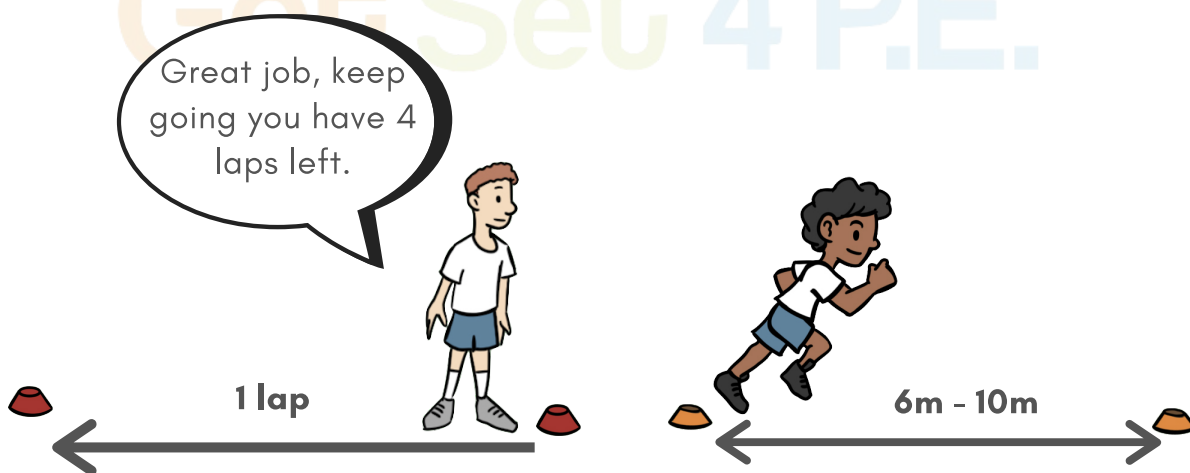
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# Team run

What you need: 4 x markers

## How to play:

- Pupils work in pairs. They begin facing each other at markers 2m apart.
- Place another marker 6m – 10m behind each pupil.
- Pupils take it in turns with their partner to run to the cone behind them first completing one lap, then two laps, three laps etc until both players get to 10.
- Encourage the pupils to work as a team, support and encourage each other to complete the challenge in their quickest time.



## Considerations / options:

- Make this easier by decreasing the distance to the cone.
- Challenge the pupils to play the game again, trying to complete the challenge in less time.





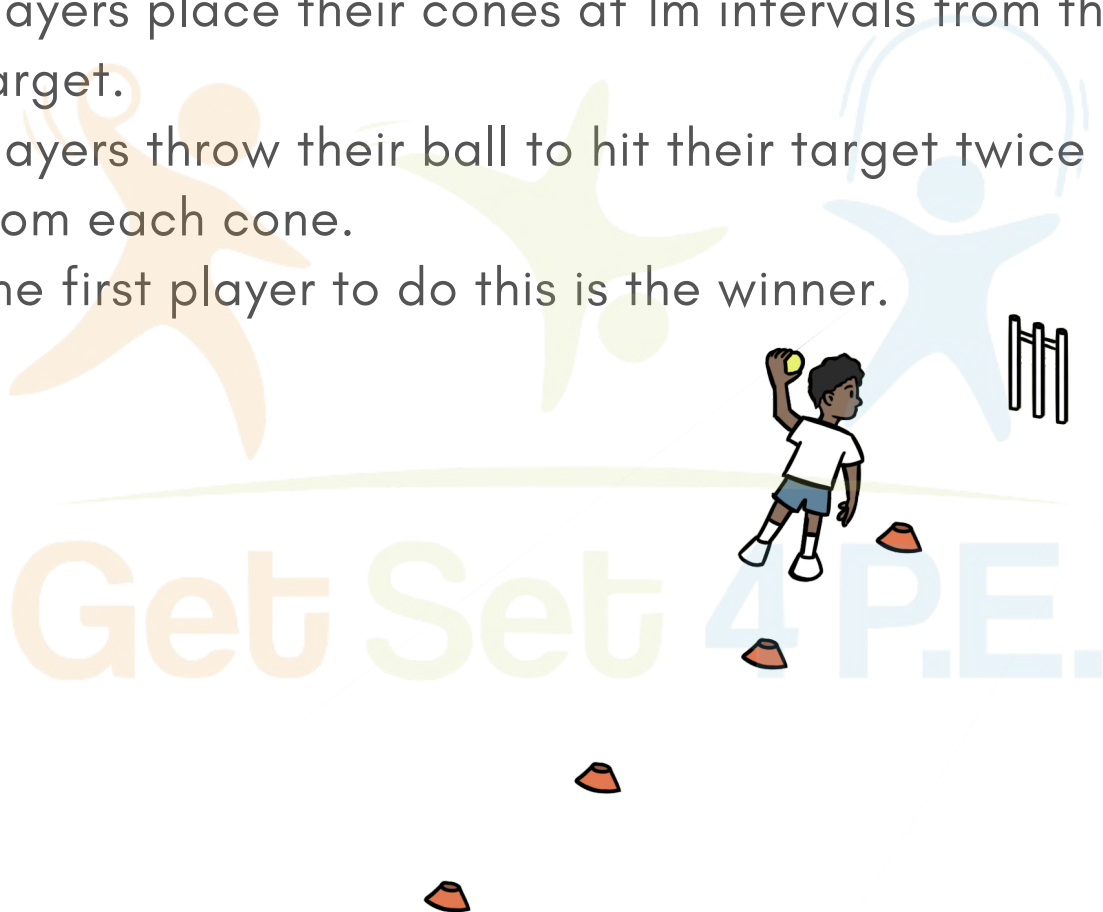
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# Top target

**What you need:** one ball, four cones, and one target per player. Targets could be cricket wickets or a chalk marking on a wall.

## How to play:

- Players place their cones at 1m intervals from their target.
- Players throw their ball to hit their target twice from each cone.
- The first player to do this is the winner.



## Considerations / options:

- Play in teams, taking turns to throw at the target.
- Increase the size of the target or decrease the distance between the cones.
- Time how long it takes for pupils to complete the challenge, can they improve on their time?

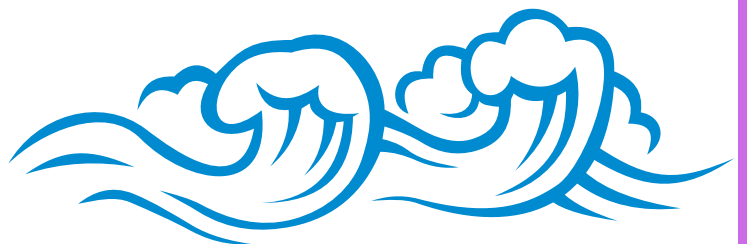
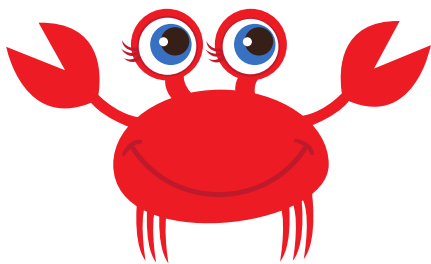


# Under the sea

**What you need:** wiggly lines drawn in chalk or with skipping ropes.

## How to play:

- Draw wiggly lines on the playground like waves in the ocean, one for each pupil.
- Tell the pupils that they are going to explore under the sea. Invite them to suggest different things that they might see under the sea.
- Pupils begin standing on a line (wave). They travel along their wave in the following ways called by the leader:
  - Octopus – bounce up and down, waving your arms by your side
  - Shark – run with your hands on your head like a fin
  - Stingray – glide along the wave with arms out in a wide shape
  - Seahorse – gallop
  - Crab – travel around on hands and feet, tummy up
  - Seaweed – stand on the spot and float arms side to side
- When the leader says "find a new wave" pupils quickly run to find a new line to move on.



## Considerations / options:

- Make this easier by including fewer instructions.
- Option to allow the pupils to create the actions for the creatures named.



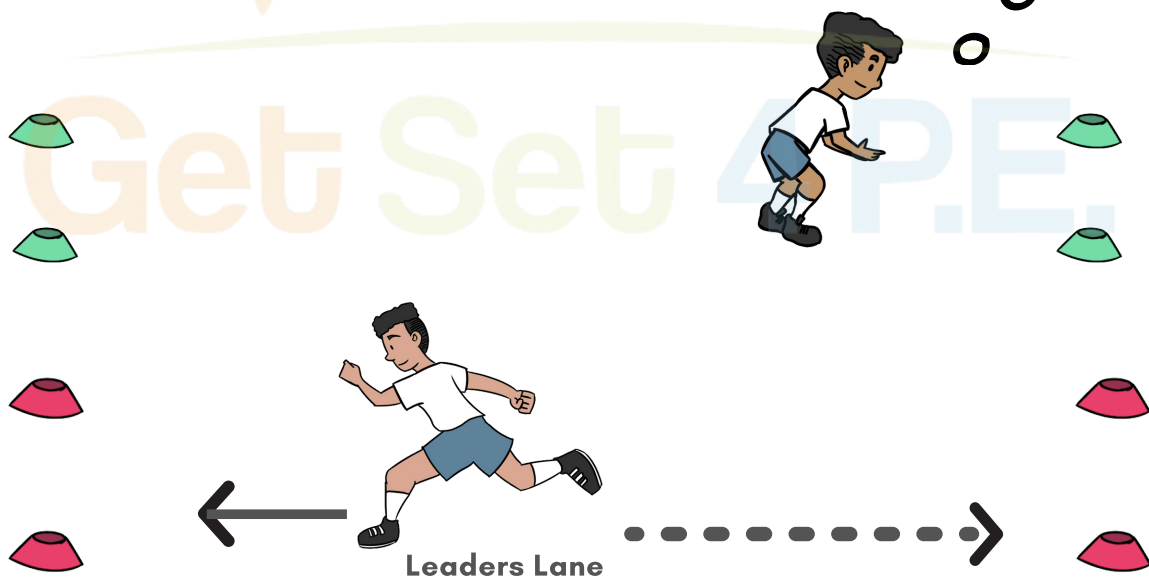
**Get Set 4 P.E.**

# 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 leader's 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:

- Make this easier by decreasing the length of the lane.