

# Roller ball



Get Set 4 P.E.

**What you need:** 2 or more players, two objects for markers and a ball or pair of rolled up socks.

## How to play:

- Place two markers 5m apart. One player begins standing next to one of the markers. They are the 'roller.' They roll the ball out in any direction and then run to the other marker and back as many times as they can.
- Each time they reach a marker they score one point.
- The other player must retrieve the ball and place it back on the start marker as quickly as possible.
- 4 turns then change over.



# Add it on



Get Set 4 P.E.

**What you need:** Music

**People:** 2 or more

**Play:** Inside

## How to play:

- One person shows everyone else a dance move.
- The others copy the move.
- The next person shows everyone a dance move.
- Everyone does the first move and then adds on the next move and so on.



# Alphabet scavenger hunt



Get Set 4 P.E.

**What you need:** One or more players, a piece of paper, a pen and a stopwatch / clock.

## How to play:

- Find an object beginning with the letter A, bring it back to your start point and write the word of the item on your sheet.
- Continue for the entire alphabet.
- Playing against someone else? Who can complete the alphabet in the quickest time?

**How quickly can you find the alphabet?**



# Skipping challenges



Get Set 4 P.E.

**What you need:** A skipping rope or a dressing gown rope (tie two together if you need to make it longer)

## 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?

**Land on the balls of your feet and keep your knees bent.**

