

PHYSICAL EDUCATION

Warm up

Wriggle your body.

Shake your arms.

Raise your arms

Lower your arms

Put your hands on your shoulders

Circle your shoulders.

Circle your hips.

Circle your head.

Spread your feet apart.

Shake one foot. Shake the other foot.

Shake your feet.

Put your feet together. Put your feet apart.

Bend forward. / Touch your toes. / Stand up straight.

Bend your knees / Stand up straight.

Elbow on knee. Now cross and count till 12.

Jog

Hop

Jump

Name	Equipment	Ages	Numbers
Ball Skills	1 x Ball Per Person	All	Any
<u>Description:</u> <ul style="list-style-type: none"> The class is told to stay within the marked area. The teacher then gives the rules, these being: <ul style="list-style-type: none"> High = Ball thrown high Low = Ball thrown low Round = Ball rolled round the body Through = Ball to be walked through the legs Dribble = Player to move correctly with the ball Change = Change balls Next, start the game and shout or whistle when they don't stop or are slow in changing activity the children are out. 			
<u>Safety Aspects:</u> Look out for stationary objects on the floor within the marked area			
<u>Variations:</u> <ul style="list-style-type: none"> Children can create their own instructions 			

Name	Equipment	Ages	Numbers
Traffic Lights	4 x Cones	All	Any
<u>Description:</u> <ul style="list-style-type: none"> The class is told to walk within the marked area. The teacher then gives the rules, these being: <ul style="list-style-type: none"> Red Light = Stop Green Light = Go Gear 1, Walk / Gear 2, Jog / Gear 3, Run Next, start the game and shout or whistle when they don't stop or are slow in changing activity the children are out. 			
<u>Variations:</u> <ul style="list-style-type: none"> Children can make up their own calls: <ul style="list-style-type: none"> Roundabout = Spin on Spot Traffic Jam = Vertical line) 			

Name	Equipment	Ages	Numbers
Video Games	4 x Cones	All	Any

Description:

- The class is told to stay within the marked area. The teacher then gives the rules, these being:
 - Stop = Stop
 - Play = Go
 - Fast Forward = Double Speed
 - Rewind = Going Backwards
 - Slow Motion = Half Speed
 - Record = Silly Face
- Next, start the game and shout or whistle when they don't stop or are slow in changing activity the children are out.

Name	Equipment	Ages	Numbers
Fruit Basket	None	5 - 11	Any

Description:

- Divide the class into 4 groups and have them move into each corner of the given play area.
- Give each of the groups a fruit name such as **Apples, Oranges, Bananas and Watermelons**.
- Call two of the fruit names and those groups have to run and change places. They maintain the same name throughout the game.
- When you call "*Fruit Basket*" all of the children run and sit in the centre of the area.

Safety Aspects:

- Look out for collisions of smaller children

Variations:

- This activity works well with the use of a parachute.

DIFFERENT WARM UP

Arm circles (cercles avec les bras) = échauffement des épaules

Leg swings (balancements de jambes) = échauffement des hanches

Jumping jacks (sauts en écartant les jambes et rejoignant les bras au-dessus de la tête)

Knee hugs (montées de genoux)

Side shuffles (pas chassés)