

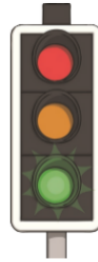
## PE Activities

### Warm up-

For your warm up you will need a helper to play music, whilst the music is playing your helper will call out video instructions, once these instructions are called out you complete the instructions.

#### 4. Traffic Lights

- 'Red' - stop
- 'Yellow' - jog on spot
- 'Green' - jogging
- '1st Gear' - walk
- '2nd Gear' - jog
- '3rd Gear' - sprint



## PE Games and Challenges

Foundation PE (Reception)

Heads, Shoulders, Knees and Toes Warm-Up Activity 13

### Heads, Shoulders, Knees and Toes

- Remind the children of the song 'Head, Shoulders, Knees and Toes'.
- Explain to the children that they are going to sing the song and complete the actions in a range of ways.
- They should keep signing the song and completing the actions while moving in different ways e.g. jumping, hopping, skipping, walking, jogging, hopping, tiptoeing.
- Use the cards so the children can see which action they should be completing.
- Play the game for about 5 minutes.



Foundation PE (Reception)

Simon Says Warm-Up Activity 25

### Simon Says

- Remind children about the rules of 'Simon Says'.
- They should only do the action if 'Simon Says' is said before the instruction.
- They should not do the action if 'Simon Says' is not said.
- Give children a range of aerobic and stretching activities to warm their bodies and muscles up.
- Alternate between 'Simon says...' followed by the action, and just shouting an action.
- Some actions you could use are:
  - Jog on the spot.**
  - Run around the room, changing directions.**
  - Skip around the room.**
  - Touch your toes, keeping legs straight.**
  - Five tuck jumps on the spot.**
- You could ask a child to be Simon and allow them to give out the instructions.



Foundation PE (Reception)

Shape It Up Warm-Up Activity 23

### Shape It Up

- Children find a space.
- Play some lively music.
- Children move to the lively music.
- When you stop the music, hold up and shout out a shape.
- Children try to use their body to make the different shapes.
- Continue with different shapes, encouraging children to use different body parts.
- Play the game for about 5 minutes.



Foundation PE (Reception)

Pass the Beanbag Warm-Up Activity 18

### Pass the Beanbag

- The children all stand in a circle.
- Give 2 children on opposite sides of the circle a beanbag each.
- They pass the beanbags around the circle as quickly as they can.
- Add more beanbags to make the children move faster.
- Put 2 beanbags on the floor so the children have to use their feet to slide it along the floor around the circle.
- The children will now have to watch out for beanbags at different heights.
- Play the game for about 5 minutes.



Foundation PE (Reception) Musical Body Parts Warm-Up Activity 17

## Musical Body Parts

- Children find a space.
- Play some lively music.
- Children should move to the lively music.
- When you stop the music, hold up and shout out one of the body parts.
- For whichever body part you hold up, children need to make sure that body part is touching the floor.
- Continue, making sure you use a range of body parts.
- Play the game for about 5 minutes.

Foundation PE (Reception) Follow the Leader Warm-Up Activity 9

## Follow the Leader

- Ask one child to be the leader.
- The rest of the class make a line behind the leader.
- The child at the front should think of an action.
- The other children should follow, completing the same action.
- Support the children with examples if needed e.g.
  - marching**
  - tiptoeing**
  - taking giant steps**
- Swap the leader every few minutes.
- Play the game for about 5 minutes.

Foundation PE (Reception) Directions Game Warm-Up Activity 6

## Directions Game

- Tell the children that they will be completing an action and performing it in different directions:

<b>Forwards</b>	<b>Backwards</b>	<b>Sideways</b>
<b>Walking</b>	<b>Tiptoeing</b>	<b>Giant steps</b>
<b>Hopping</b>	<b>Jogging</b>	

- Then hold up the direction cards.
- The children should walk etc. in that direction.
- Change the direction every couple of seconds.
- Repeat with different actions.
- Play the game for about 5 minutes.

Foundation PE (Reception) Colour in Motion Warm-Up Activity 5

## Colour in Motion

- Use 4 different colour cones or colour cards.
- Explain that each colour represents an action:
 

<b>Red</b>	<b>Blue</b>	<b>Green</b>	<b>Yellow</b>
Jump	Roll	Travel	Balance
- You could make the actions more specific e.g. star jumps.
- Hold up the different colours and the children move in that way.
- The children keep watching to see when the colour/ action changes.
- Play the game for about 5 minutes.

## Cool down –

Foundation PE (Reception) Balancing Spots Cool-Down Activity 6

## Balancing Spots

- Put out some markers on the floor.
- Ask the children to move about the space, avoiding the spots.
- Shout out: **'Balance.'** Children should find a marker and stand on the spot.
- Once all the children are on a spot, count: **'1, 2, 3, 4, 5'** The children should try to balance on one leg for the 5 seconds.
- Repeat the activity a few times.
- The cool-down activity should last a couple of minutes.

Foundation PE (Reception) Body Shapes Cool-Down Activity 7

## Body Shapes

- Ask the children to sit on the floor.
- They should move around the space on their bottoms.
- Shout out a shape command and the children should make that shape:
  - Long**  
Make a long shape.
  - Wide**  
Make a wide shape.
  - Tuck**  
Bend arms over legs to touch toes.
  - Flat**  
Make a flat shape.
- The cool-down activity should last a couple of minutes.

