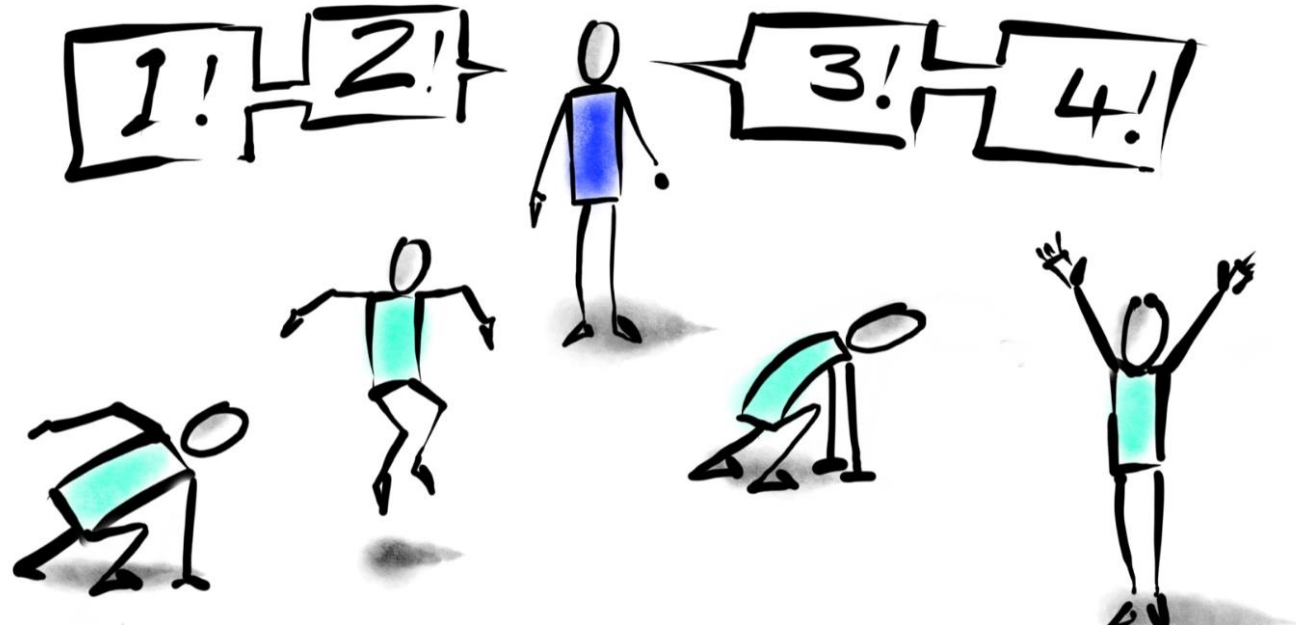


how to set up:

- The children will perform the activity on the spot.
- They must listen to the commands and perform each action once.
- Have an adult or sibling demonstrate the correct technique for each action to aid the children's understanding (if required).



how to play:

- The children should be jogging on the spot until a number is called out.
- Each number represents a different action.
- When a number is called, children should complete the action.
- In between the numbers being called out, the children should be jogging on the spot.
- Keep calling out different numbers.

commands/actions:

- **Number 1:** Touch the floor with one hand.
- **Number 2:** Jump.
- **Number 3:** Touch the floor with both hands.
- **Number 4:** Freeze in a position and hold for 5 seconds. (Encourage children to think of a different pose every time number 4 is called.)

how to set up:

- Children require a chair.
- Children will be required to step up and stand on the chair before returning to the floor.
- Highlight the safety risks and emphasise the need to work together sensibly.



how to play:

- On the adult's command, the children step up with both feet on the chair, before stepping back down, as quickly and safely as possible getting into a rhythm.
- Whilst the child working, the adult should hold the back of the chair still, to complete the activity safely.

timing and rotations:

- Perform the exercise for 30 seconds with good technique, control and balance.
- Rest for 30 seconds.
- Move onto the next station.

how to set up:

- Each child requires a chair.
- Children should squat up and down on their chair for the allotted time.

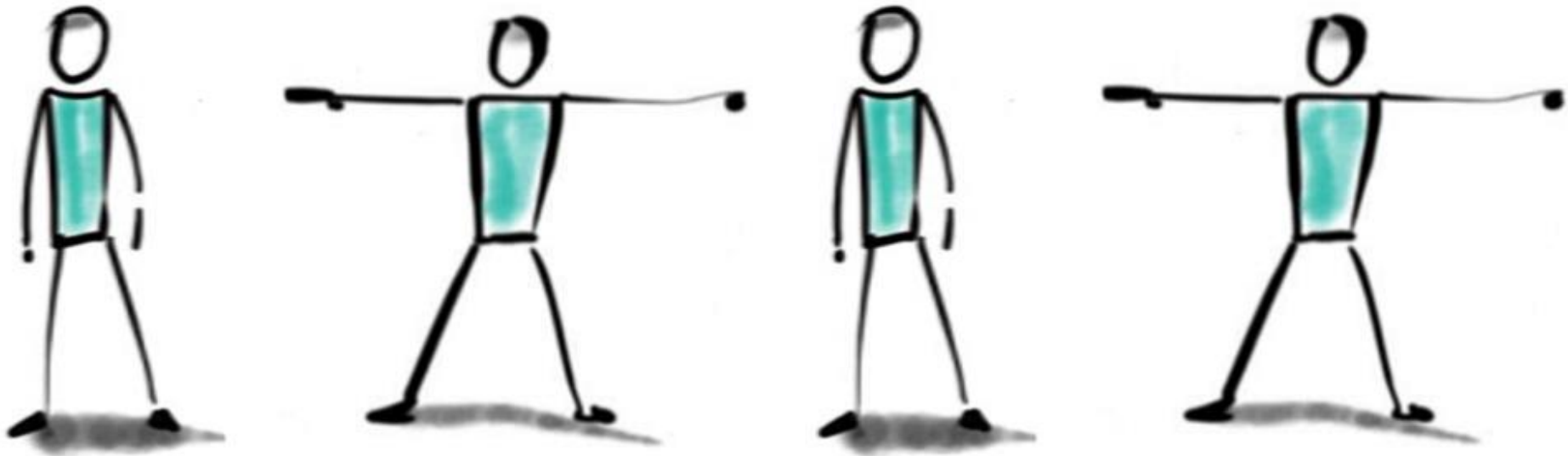


how to play:

- On the command, the children will begin squats.
- Movements must be controlled – descend low, stand up quickly as soon as their bottom touches the chair.
- Back straight and head up facing forwards.

timing and rotations:

- Perform the exercise for 30 seconds with good technique, control and balance.
- Rest for 30 seconds.
- Move onto the next station.

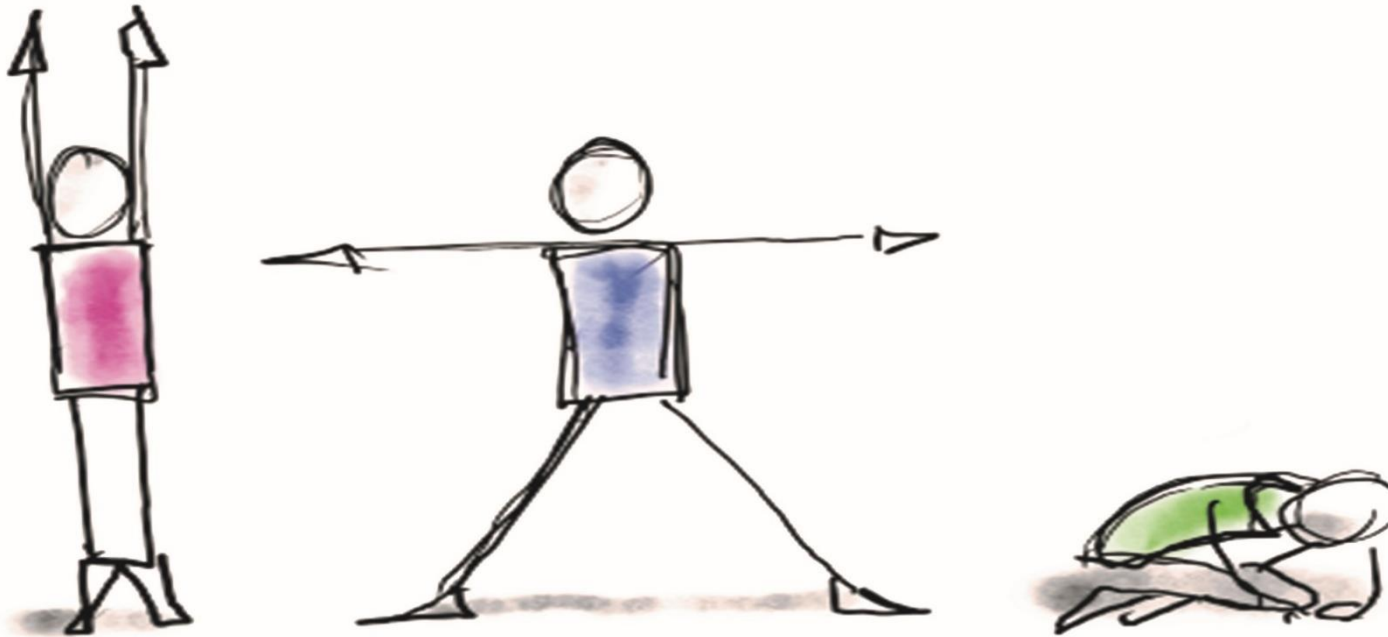


how to play:

- The children must find a space to complete the activity on the spot.
- They must start in the 'pencil' position with feet together and hands straight down by their sides.
- Jump into a star position with hands and feet out to the side, then return to the pencil position.

timing and rotations:

- Perform the exercise for 30 seconds with good technique, control and balance.
- Rest for 30 seconds.
- Move onto the next station.



how to play:

- Children complete the cool down in a safe space, on the spot.
- An adult calls out one of three commands: tall, wide, or small and children complete the correct stretch for that command.
- **Tall Stretch** - Raise arms and hands high above the head; reach up onto the tip toes; stretch the body as high as possible.
- **Wide Stretch** - stand in a star shape; reach arms straight out at the side of the body; spread feet so they are just over shoulder width apart; stretch as wide as possible - imagine someone is pulling each of your hands.
- **Small Stretch** - crouch down into a small tuck shape; balance on feet; hold legs tight into chest, making your body as small as possible.
- Hold each stretch for 10 seconds and repeat.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

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