

Summer 2 Week 2 PE activities

Remember to stay as active as possible - walking on a warm day is a really good exercise.

Remember to check out the Queensgate Website - go to the Children tab and scroll down to PE.

Also, BBC bitesize now has a PE Section.

Below are a couple of fun activities which can include all the family.

1. Wall Target

How to –

- Challenge members of your family to see who can get closest to the wall without touching it!
- You can use a pair of rolled up socks or a bean bag or soft tot
- Decide what distance to start from the wall
- Send your item by throwing, pushing, kicking
- If your item hits the wall it cannot count
- See who can get to 5 points first!

Equipment – pair of socks or soft toy or bean bag

Skill related focus – Target

Points system – Every time you get closest to the wall you score a point. Who can get to 5 points first!

WALL TARGET

Score sheet

Name	Points tally	Final score

2. Slalom Course

How to –

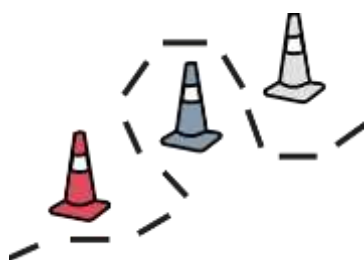
- Select 6 items to act as markers
- Set them out in the garden or in a room at least 1m apart
- Choose someone to time you

- Travelling in a figure of 8 how long does it take you to move in and out of the 6 markers and back
- Try this 3 times and try to beat your score
- If you find this easy try balancing something on your head and try again!

Equipment – 6 items to act as markers (cans, toys, books, cones) a stopwatch

Skill related focus – **Agility**

Points system – Give yourself 1 point if you beat your best score. Give yourself 3 points if you beat your best score for a second time. Give yourself 5 points if you managed to do it balancing something on part of your body



SLALOM COURSE

Score sheet

Name	Time 1	Time 2	Time 3