

Summer 2 Week 3 PE activities

Remember to stay as active as possible - walking on a warm day is a really good exercise, as is walking up and down stairs - a lot.

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 more fun activities which can include all the family.

3. Soccia

How to –

- Challenge a member of your family to play against
- Each person will need 6 socks folded into a ball shape and ideally of different colours (player 1 has 6 red socks, player 2 has 6 blue socks)
- Choose a white item to become the target or 'Jack'
- Decide who is going first. They will choose where to place the target.
- Take it in turns to see who can get their sock closest to the target
- Whoever is closest scores a point.
- Challenge different people or play the game three times

Equipment – 6 socks of the same colour, 6 socks of a different colour. A target

Skill related focus – **Target and Cognitive Skills**

Points system – 1 point if only 1 of your socks is closest to the target. 2 points if 2 of your socks are closest to the target etc

SOCCIA

Score sheet

Name	Game 1	Game 2	Game 3

4. Treasure Hunt

How to –

- Ask a member of your family to hide 5 items in a room or in the garden
- Ask them to take a picture of the items or draw a picture of what you are looking for
- Once the items are hidden, ask them to start you off and time how long it takes you to find all five items
- Once finished, record your score
- Ask them to hide the same items in different places or choose 5 different items to hide
- Can you beat your time?
- Can you beat any of your family members times?

Equipment – 5 items to hide, picture or photo of the items, stopwatch

Skill related focus – **Cognitive and Physical Skills**

Points system – 1 point if you beat your time, 3 points if you beat a family members time!

TREASURE HUNT

Score sheet

Name	Game 1	Game 2	Points