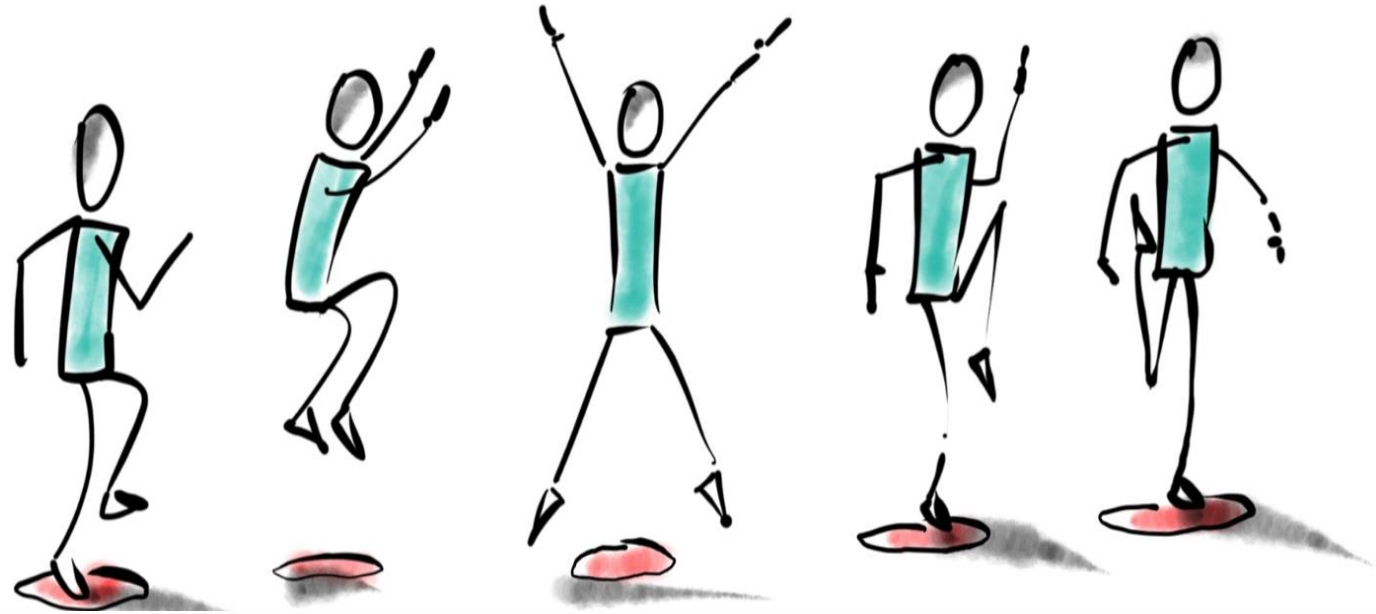


how to set up:

- Set out a large, safe space for the children to work in.

equipment:

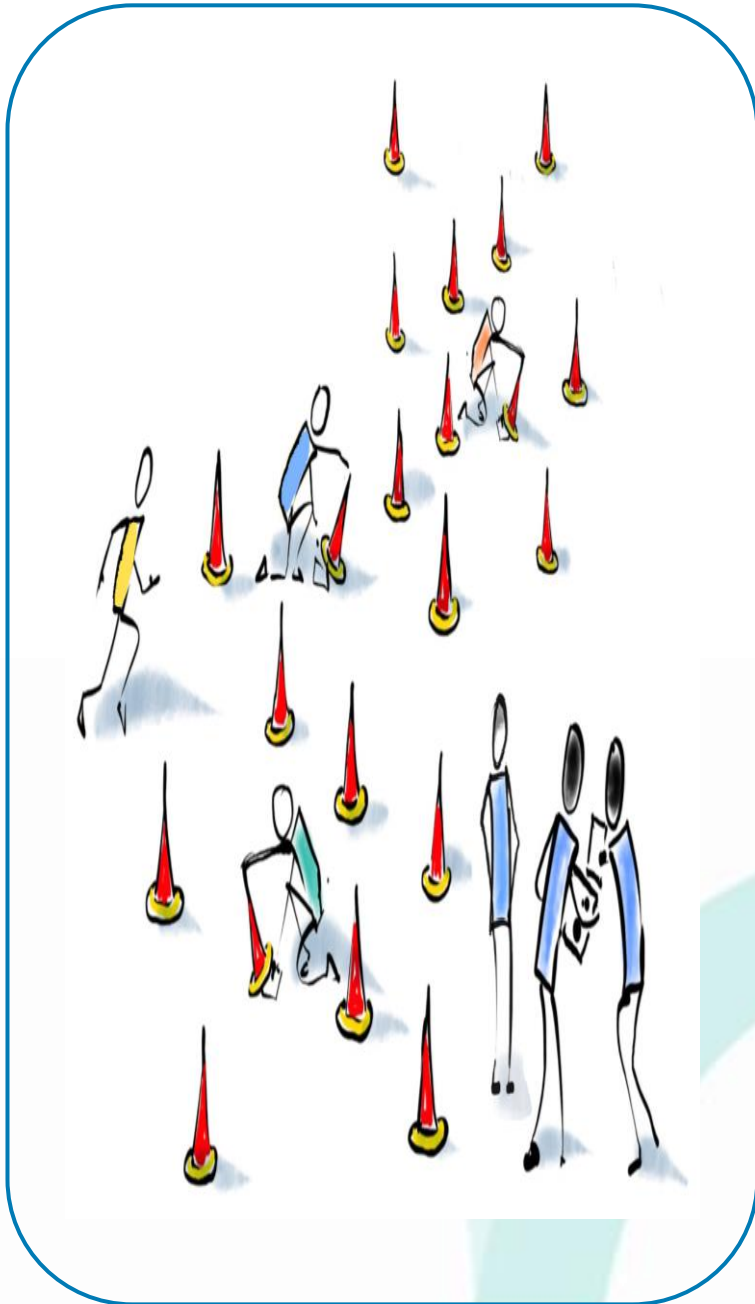
- Cones
- Stopwatch

**how to play:**

- Talk to the children about their heart rate and spend 2 or 3 minutes finding their pulse on their wrists.
- Ask the children to count how many beats they feel in 30 seconds.
- The children now find a space in the hall ready for the warm up.
- Call out various exercise's that the children must complete on the spot (Star jumps, high knees, air punches, squat jumps, etc).
- After each exercise, ask the children what body parts they were working.
- After 5 minutes of activity, ask the class to find their pulse again, and count the beats for 30 seconds.
- Discuss if there was any change from the first time, and talk about why they think there were changes.

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

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.



equipment:

- Cones
- Keywords cutout (see appendix below)
- Pens and whiteboards (or paper)

how to set up:

- Split the class into small groups of 3/4.
- Inside a large area, place the keywords under the cones, and place starter cones around the outside of the area (one per group).
- The children should sit in their group at a starter cone with a whiteboard and pen.

how to play:

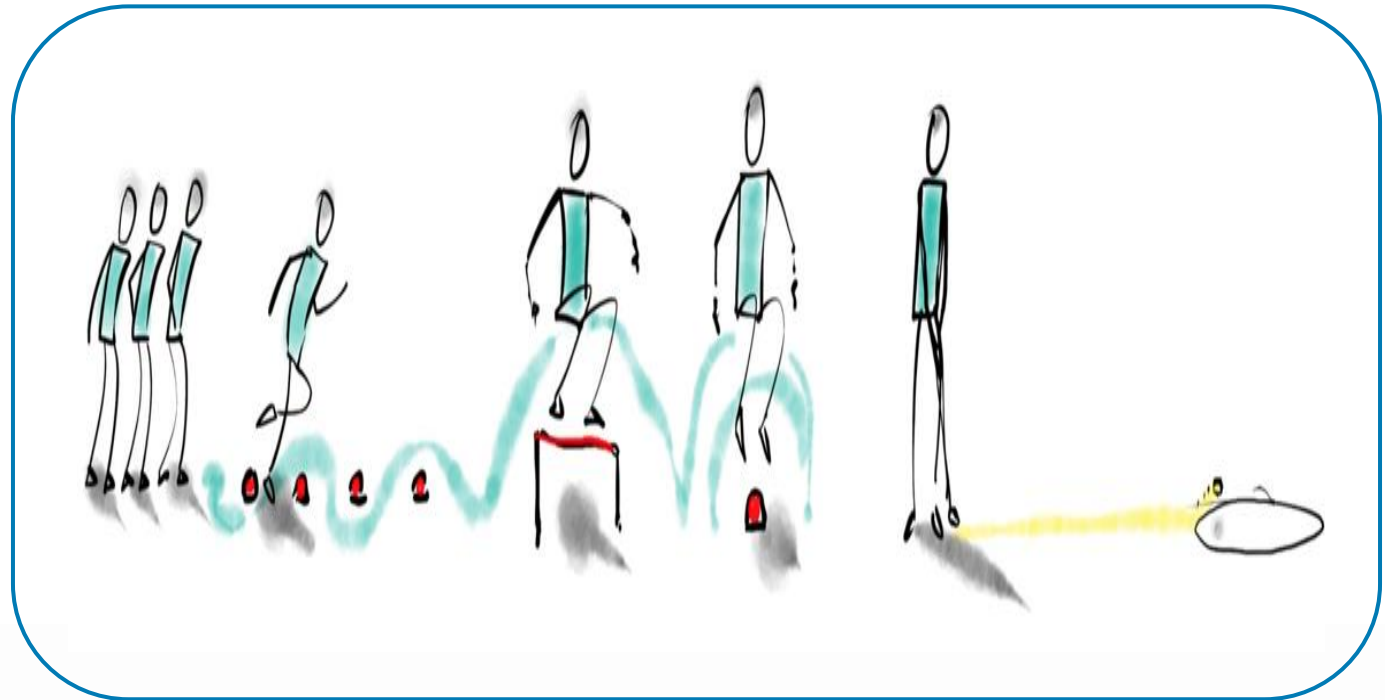
- All the keywords need to be linked to PE or a behaviour within a PE lesson, such as:
 - Respect**
 - Fair Play**
 - Equipment**
 - Whistle**
 - Effort**
 - Sportsmanship**
- On the teachers command, one child from each group must run out, collect a keyword and bring it back to their group.
- The group discuss the keyword and write notes down on their whiteboard/paper.
- After the discussion the next player sets off to collect another keyword.
- Each group aims to collect as many different key words as they can.
- Once all the key words have gone, discuss (as a whole class) the keywords and share ideas. Groups can have the same word and compare answers.

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

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.

how to set up:

- Ensure there is a large, safe space for children to work in.
- Children can stay in the same groups as the previous activity.
- Give each team a pencil and paper.
- Print out (appendix below, or write on a large whiteboard the pricelist of PE equipment for children to see.



equipment:

- Pencils and paper
- Price list printed out (see appendix below) or written on a whiteboard.
- Various PE equipment such as cones, bibs, soft balls, tennis balls, benches, hoops, beanbags, mats, floor markers

how to play:

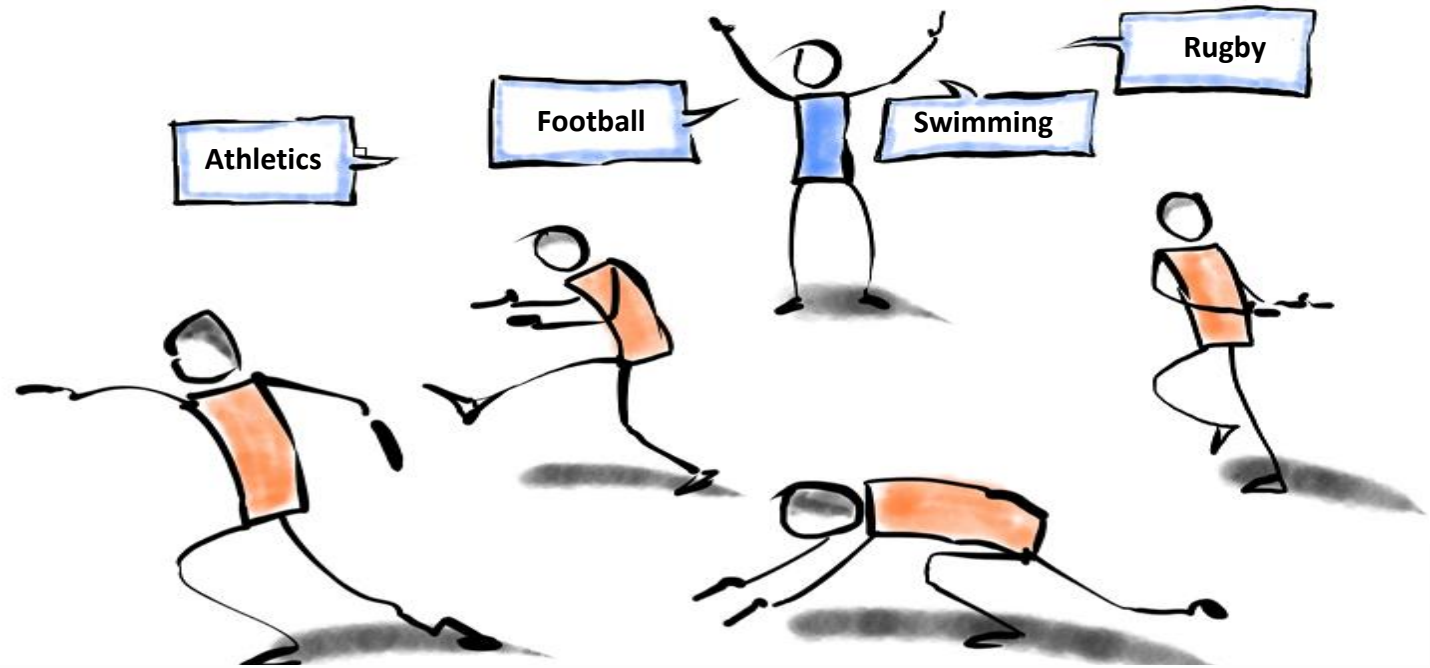
- Each group starts with £10 to spend at the sports supermarket.
- They must discuss what pieces of equipment they would like to buy to make an obstacle course.
- Groups can use their paper for designing their obstacle course, as well as for working out their budget.
- Once ready, teams buy the pieces of equipment they need to build their obstacle course.
- Teams make their obstacle course then try it out.
- Allow teams to explain their obstacle course to another group, before rotating around and trying each others obstacle courses.

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

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.

how to set up:

- Use the same large, safe space from the previous activity.

**how to play:**

- Call out a sport for the children to act out (without equipment) travelling around the area, but in slow motion.
- After 30 seconds, blow the whistle once for pupils to freeze.
- Before changing sports ask the children if they would like to share anything they know about that sport, previous experiences in PE, things they have seen on TV or played outside of school, etc.
- Continue with another sport, followed by a discussion.

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

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.

Appendix

PE EQUIPMENT	PE EQUIPMENT	PE EQUIPMENT
FAIRPLAY	FAIRPLAY	FAIRPLAY
FOOTWEAR	FOOTWEAR	FOOTWEAR
PE KIT	PE KIT	PE KIT
NOISE	NOISE	NOISE
WHISTLE	WHISTLE	WHISTLE

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

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.

RESPECT	RESPECT	RESPECT
BEHAVIOUR	BEHAVIOUR	BEHAVIOUR
SPORTSMANSHIP	SPORTSMANSHIP	SPORTSMANSHIP
SAFETY	SAFETY	SAFETY
JEWELLERY	JEWELLERY	JEWELLERY
TEAMWORK	TEAMWORK	TEAMWORK

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

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.

Price list

Cone £0.20

Bibs £0.50

Skipping ropes/ ladders £2.00

Tennis balls £1.00

Benches £3.00

Hoops £1.00

Beanbags £1.00

Mats £2.00

Floor markers £0.50

Large Balls £2.00

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

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.