PE

Warm Up





1. Encourage putting their hand to their chest to experience their resting heart rate.
2. Begin by walking. We usually walk for the length of a pupils choice of song(Eye of the Tiger, 99 Red Balloons, 500 Miles, are a few examples of music used in the past but anything goes!)
3. When song finishes move onto running, again for the length of a song.
4. Encourage putting hand to chest again to experience heart rate again now that they have warmed up.

Ball Skills





Kicking the ball

1. Small kicks – for short distances. Repeat 5 times.
2. Big kicks – for long distances. Repeat 5 times.
3. Set up a target or goal and encourage pupil to kick to the target or goal. Repeat 5 times.
4. Kick the ball back and forth to another person. Repeat 5 times.
5. Set up 5 or 6 cones or markers of any kind. Dribble the ball through the cones or markers 5 times.
6. Put the skills together, dribbling the ball through markers then scoring a goal. Repeat 5 times.

Cool Down





Cool Down

1. Running. Again for the length of a song.
2. Walking. Again for the length of a song.