

# Physical Education Activity Board

<b>Hot Lava</b> Use material to layout on the floor, can they move across the room without falling into the hot lava?	<b>Dance Party</b> Put on some music and bust out your best dance moves. Or use Just Dance on YouTube.	<b>Snowball Fight</b> Ball up some socks and throw them at one another. Don't get hit or you turn into a snow statue!	<b>Balance Beam</b> Stick a piece of tape to the floor and try to walk across the beam without falling off. Challenge: hop on one foot	<b>Hopscotch</b> Create a hopscotch board and play.
<b>Stretching</b> Use Cosmic Kids online to do some stretching and relaxation along with a story	<b>Hula hoops</b> Challenge: how long can you hula hoop for?	<b>Bean Bag Toss</b> Set up a target and toss bean bag/socks into it. You could use a box with cut holes in it or bowls as targets.	<b>Egg Spoon Race</b> Use table spoons and have an egg and spoon race across the room. You could even try it in teams – passing the egg to your team mate.	<b>Tail Tag</b> Place a piece of fabric in your back pocket or loosely around a belt look. Everyone chases to try and pull the tail out!
<b>Tunnel</b> Crawling uses many muscles – make your own tunnel and try crawling through it.	<b>Obstacle Course</b> Move chairs and tables around and set up a fun obstacle course.	<b>Captain, Yes captain</b> Captain shouts orders e.g. starboard (run to right side of boat) and the crew follow. Watch out for 'shark' and run to the designated base.	<b>Parachute Games</b> Use a blanket or bedsheet to make your own parachute e.g. keep the ball on the parachute.	<b>Simon Says</b> Use physical commands to play Simon says. E.g. jumping jacks, sit ups, crawling.