Physical Education Activity Board

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| Hot LavaUse material to layout on the floor, can they move across the room without falling into the hot lava? | Dance PartyPut on some music and bust out your best dance moves. Or use Just Dance on YouTube. | Snowball FightBall up some socks and throw them at one another. Don’t get hit or you turn into a snow statue! | Balance BeamStick a piece of tape to the floor and try to walk across the beam without falling off. Challenge: hop on one foot | HopscotchCreate a hopscotch board and play. |
| StretchingUse Cosmic Kids online to do some stretching and relaxation along with a story | Hula hoopsChallenge: how long can you hula hoop for? | Bean Bag TossSet up a target and toss bean bag/socks into it. You could use a box with cut holes in it or bowls as targets. | Egg Spoon RaceUse 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. | Tail TagPlace a piece of fabric in your back pocket or loosely around a belt look. Everyone chases to try and pull the tail out! |
| TunnelCrawling uses many muscles – make your own tunnel and try crawling through it. | Obstacle CourseMove chairs and tables around and set up a fun obstacle course. | Captain, Yes captainCaptain 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. | Parachute GamesUse a blanket or bedsheet to make your own parachute e.g. keep the ball on the parachute. | Simon SaysUse physical commands to play Simon says. E.g. jumping jacks, sit ups, crawling. |