

PE Activities

Here are some fitness activities you could do at home!

Game 1 – Musical Statues



Equipment: Either a loud singing voice, or some music!

Children can dance, or do different on the spot whole body exercises, like jumping jacks. When the music stops, they must freeze. The last person to stop moving is out (they can move outside the 'in' area and carry on joining in with movements). The last person still in, is the winner.

Game 2 – Elastics (French Skipping)



Equipment: A long piece of joined elastic (about 2cm wide and 4 metres in length) A game for three people

Tie the ends of the elastic together to make a loop. Two children stand inside the loop facing each other, but apart so they are stretching it relatively taut around their ankles. A third person performs a series of hops and jumps, chanting appropriate rhymes. When finished, the height of the elastic is raised to knees, then thighs, then waist.

Start with left foot inside the elastic loop and right foot just outside. Jump over to the other side so right foot is inside the loop and left foot is outside. Here is one of the rhymes: 'Chocolate cake, when you bake, How many minutes will you take? One, two, three, four.' On ONE: jump up and land with left foot outside the elastic loop and your right foot inside. On TWO: jump up and land with both feet together inside the elastic loop. On THREE: jump up and land with both feet outside the elastic loop. On Four: jump up and land sideways to the elastic, with your left foot on top of the back elastic and your right foot ahead (in front) of the front elastic. If the current player fails to execute the correct jump their turn is over and play passes to one of the people inside the circle of elastic, who then tries to outdo the previous player.

Here is another rhyme: 'England, Ireland, Scotland, Wales Inside, outside, inside, twist!'

Game 3 – Hoola Hooping



Equipment: One hoola hoop for each child. Children standing spaced well apart.

1. Spin the Hoop

Spinning the hoop around your waist for as long as you can (you can time your little one and even let them time you if that is something they would find fun). Once mastered, try getting multiple hoops going at once. Or try other body parts like spinning the hoop around your neck, arm, or leg. Spinning the hoop around your waist for as long as you can (you can time your little one and even let them time you if that is something they would find fun). Once mastered, try getting multiple hoops going at once. Or try other body parts like spinning the hoop around your neck, arm, or leg.

2. Thread the hoop

Pass the hoop from one hand over your head and down your body. This is a great way to work on coordination and mobility. For a more competitive edge, you can make this a race.

3. Learn to skip

A hula hoop is a great way to learn how to rope skip. The hoop is solid and easier to control. Kids will feel more instant success while learning the movement pattern and be able to transfer what they've learned to a rope.