

## PE Activities

Here are some fitness activities you could do at home!

### Game 1 – Chalk Walks/obstacle course

**Equipment:** A piece of chalk and playground space

Either the leader, or children create chalk walk/obstacle challenges for each other to complete.



### Game 2 – Hopscotch

**Equipment:** Each player has a small object to throw and mark where they are

Draw a hopscotch design on the ground. ...

The first player stands behind the starting line to toss his or her marker in square one. Hop over square one to square two and then continue hopping to square eight, turn around, and hop back again.

Pause in square two to pick up the marker, hop in square one, and out.

Then continue by tossing the stone in square two.

All hopping is done on one foot, unless the hopscotch design is such that two squares are side-by-side.

Then two feet can be placed down with one in each square.

A player must always hop over any square where a marker has been placed.

Getting out: A player is out if the marker fails to land in the proper square, the hopper steps on a line, the hopper loses balance when bending over to pick up the marker and puts a second hand or foot down, the hopper goes into a square where a marker is, or if a player puts two feet down in a single box.



### **Game 3 – Top Gear**



**Equipment:** Any outdoor space for children to run about in

Children become vehicles, following the leader's instructions, as follows:

1<sup>st</sup> gear – walking slowly, watching for clear spaces using arms to steer, as if using a car steering wheel  
2<sup>nd</sup> gear – marching with bigger strides, arms as before

3<sup>rd</sup> gear – jogging slowly, with arms as before

4<sup>th</sup> gear – galloping, with arms as before

Top gear – sprinting, with arms as before

Crash! – Children freeze with hands in fronts of faces

Reverse – Children walk backwards looking in turn to each side behind them to avoid any other cars and beeping like a reversing lorry.

Leader can either go through the gears up and down, or vary it by moving to different gears at random.