

Physical Education Project

This week we will be looking at physical education for our project. You will need to complete as many of the PE at home games as possible then design your own PE game.

Knowledge Building:

Give the following activities a go. Below each of the instructions is a video link that has a demonstration of how to complete the activity.

Battleships
Home Physical Education

How to play:

- With a partner, each player places three targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships

Let's Reflect

What did you learn after each throw to adapt for the next?
How did you keep focused?

Top Tips

Throwing Underarm
Step forwards with one foot, releasing the ball from low to high using your opposite hand

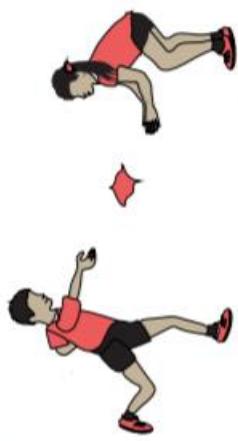
https://www.youtube.com/watch?v=ltZDzlEeP_4&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=4&t=0s

Blast Off

Home Physical Education

How to play:

- Play with a partner, sibling, parent or carer. Stand 3 – 5 steps apart.
- Players make 10 catches and then swap sides, players make 9 catches then swap sides, players make 8 catches and swap sides continuing this process until they reach 0.
- Can each pair reach 0 without dropping the ball?
- If competing against another pair the first pair to reach 0 are the winners.



Can you encourage your partner even if they make a mistake?

Can you concentrate on your throw and focus on where to aim?

Let's Reflect

If you dropped the ball what did you change?
How did it feel when you dropped the ball and how did you respond?

Top Tips

Catching
Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.

<https://www.youtube.com/watch?v=lLBI5KvarD8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=24&t=0s>

Spaces Monsters

Home Physical Education

How to play:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the space monsters (defenders).
- Can you dribble using your hands, from the starting point, around the marker and back avoiding the space monsters?
- If you dribble around the marker and back you score 1 point. If you hit a space monster they score 1 point. The first to score 5 points is the winner.

<https://www.youtube.com/watch?v=Wj0RwCe2uxM>



Can you play fairly and keep the score?

Can you keep trying even if the space monsters score more points than you?

Let's Reflect

What were the consequences of losing control of the ball?

Why did you need to keep the ball close to you?

Top Tips

Dribbling: Hands

Keep the ball close to you, use the tips of your fingers.

Try not to let the bounce come above your waist and look where you are going!

Climb the Ladder

Home Physical Education

How to play:

- Place 3 targets on the floor in a line, 1m away from each other.
- Using a small object can you throw the object and hit the first target.
- When you have hit the first target, only then can you move onto the next target.
- How many throws does it take to hit all 3 targets?
- If you are playing against a partner, the first player to hit all 3 targets is the winner.



Can you be honest and only try target 2 when you've hit target 1?

Can you keep trying even if you miss the target?

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

Top Tips

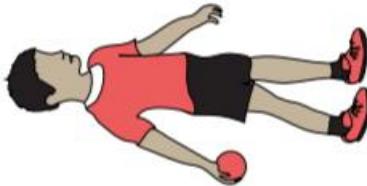
Throwing Underarm
Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Golf: Rolling

Home Physical Education

How to play:

- Place 5 targets in different places on the floor (garden or in a room).
- Decide on a starting point and it mark out.
- The aim of the game is for pupils to roll a ball, making it rest against one of the targets in the least amount of rolls possible.
- The winner is the player who rests their ball against a target with the fewest rolls. Repeat with all of the different target.



Can you be honest and keep the score?

Can you keep trying hard even if you miss the target?

Let's Reflect

When did you need to increase the power of your rolls?

Did you use the correct rolling technique?

Top Tips

Roll Underarm
Step forwards with one foot, bending the knee releasing the ball along the ground using your opposite hand.

<https://www.youtube.com/watch?v=Loyh6M01S7k>

Target Treasure

Home Physical Education

How to play:

- Place a selection of targets 5 large steps away from your starting line.
- Players take turns to throw an object towards the targets from behind the starting line.
- Each time a target is hit, it is taken by the thrower and becomes their treasure.
- The winner is the player to have the most pieces of treasure after all the treasure is gone.



Can you encourage your opponent?

Can you focus on the target to help you be accurate?

Let's Reflect

What was the difference between your throws that were accurate and your throws that missed?
Did you use the correct throwing technique?

Top Tips

Throwing Underarm
Step forwards with one foot, releasing the object from low to high using your opposite hand.

<https://www.youtube.com/watch?v=N9XU5YKLbx8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=32&t=0s>

Cross the River

Home Physical Education

How to play:

- Agree a start point (one side of a big river) and a finish point (the opposite side of the river).
- Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
- You are only allowed two objects to cross the river with.
- Can you complete the challenge and cross the river with out touching the floor!



If you fall in,
can you keep
trying to cross
successfully?

Let's Reflect

What was the best method
for crossing the river?

How did you feel when
you crossed successfully?

Top Tips

Place the Pillows
Place the pillows down on
the floor. If you throw
them you may over stretch
and fall in.

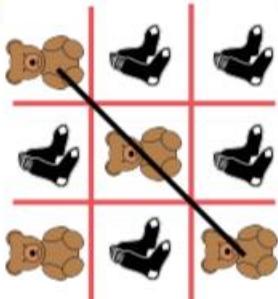
<https://www.youtube.com/watch?v=xp5ClxSs-b8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=8&t=0s>

Noughts and Crosses

Home Physical Education

How to play:

- Mark out a noughts and crosses grid, using chalk, paper or hoops.
- Each player needs 5 items; socks, teddy bears. Make sure each player has a different set of items.
- On the command go, players race and put one item at a time inside one of the free spaces in the noughts and crosses grid.
- The first player to get 3 in a row are the winners.



Can you play fairly and play by the rules?

Can you try a variety of different tactics?

Let's Reflect

- Did you try to plan where you were placing your items before you started running?
Did you have to adapt your plans during the game?

Top Tips

Think Tactically
If you can not win a game, how can you prevent your opponent from winning?

<https://www.youtube.com/watch?v=EG4ju1KmG0g&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=40>

The Blue Egg

Home Physical Education

How to play:

- Each player places a marker down on the edge of a space known as their nest.
- In the centre of the space place objects. All blue items are worth 2 points. Everything else is worth 1 point.
- Players collect one object from the middle and return it to their nest.
- Players should keep going until there are no more objects left.
- The winner is the player with the most points at the end of the game.



Can you keep running and score as many points as possible?

Let's Reflect

Did you try and get all the blue objects first?

If you did not win what could you change for next time?

Top Tips

Work Hard

The faster you move, working hard to keep going the more points you will score.

<https://www.youtube.com/watch?v=8E3ZHUGKek8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=19&t=0s>

Wacky Races

Home Physical Education

How to play:

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet?
Can you move backwards?
- What is the quickest way of moving?
What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?



Can you create
your own Wacky
race ideas?

Can you
challenge
yourself to
always try your
hardest?

Let's Reflect

Which way of moving was
the easiest and which was
the hardest? Explain why.

How did you feel if you
did not win a race?

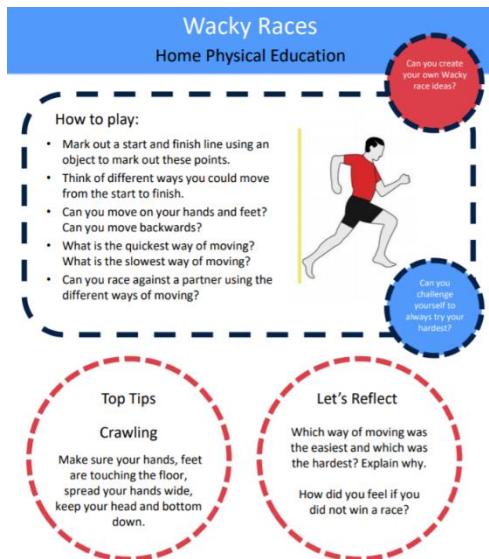
Top Tips

Crawling

Make sure your hands, feet
are touching the floor,
spread your hands wide,
keep your head and bottom
down.

Project Task:

Design your own PE from home activity.



You will need to design a game that uses skills such as throwing, running, catching, kicking etc.

You will need to create an instruction guide for your game that includes a how to play section, top tips section and a lets reflect section (like the guide to the left).

You will need to film a how to play instructional video such as the one linked below.

https://www.youtube.com/watch?v=ltZDzlEeP_4&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=3

Remember to get creative and think outside the box!