**PE**

With the weather being nice and still having the ability to go outside into the garden is bonus for this subject. This term we will be focussing on team games and a team can be a minimum of two people, but more will be fantastic. Below will be a warm up game to ensure the children are prepared for the main activity. Each activity will concentrate on listening and receptive skills (positional and directional language), positive relationships, following rules, fine & gross motor skills.

**Warm up activities**

Shark attack- One person is a shark and is waiting in the deep blue ocean whilst the others are pretending swim around the islands. When ‘SHARK ATTACK’ is shouted the swimmers must run to an island to stay safe. Islands can be made with blankets, cushions, different flooring etc. When the swimmer is caught they too become a shark. The winner is the last person to be caught and they become the shark for the next game. **Similar game- Cat & mouse.**

Pirate ships- Assign each wall as either N, E, S, W and shout out a direction i.e. North, children must run to that wall as quickly as possible.

Scrub the Decks – Children fall to their knees and pretend to scrub the floor. Climb the Rails – Children pretend to climb rails

Captains Wife – Children put their hand on their hips and move in a circular motion while saying whoot whoo

Captains Cook – Children pretend to be sick

Captains Coming – Children salute and say “Aye Aye Captain”

Walk the Plank - Children have to walk in a perfect straight line one foot exactly in front of the other with arms outstretched to the sides

Peg Leg Jim – children hop on one leg

Mouse tails- One person is the cat and they have to catch the mouse tails. To make a house tail use a bib, t-shirt, a tea towel or any piece of fabric which is long enough to be tucked into shorts but have enough out to pull. When caught the mouse becomes a cat to help catch the other mice. Winner is the last mouse standing and they become the cat for the next game. **Similar game- Dragons tails & knights.**

**Main activity**

Tidy your room- Split your room into two different sides using cones, big cushions, line etc. with Team A on one side and Team B on the other. Place any type of resources you can find evenly onto each side, ensure resources are not heavy as they will need to be thrown to the other side. Cushions, cones, soft balls, clothing, blankets are particularly good items which you can find in the home environment.

Coach shouts “GO” and the pupils must tidy their room by throwing their items to the other room (A to B, B to A). Coach shouts “STOP” and each team counts how many items they have on their side. The winner is the team with the **least** items on their side. If the game seems unfair either; change the teams around or put less items on one side.



Scoreball- The aim of this game to throw the ball three times before you can try to score a goal. It follows the rule of netball, as you cannot run with the ball but you can run without the ball.

Encourage positional and directional conversation: run forward, backward, side etc. (see Literacy topic). The goal could be past a certain point, a box or even a football goal. Play it as a non-competitive game to understand the concept of the game and change to competitive. **To increase game difficulty;** no bounces/one bounce, perform each direction of movement (forwards, backwards and sideways) before you can score, vary of pass (length, height, type-overhead/underarm/rolling).

Stealers relay- Start with two teams and they have an area/box with items in each. Team A will try and steal from Team B and Team B from Team A. Try and colour code areas, for example Team A is red box and Team B is blue box.

Each team will start at the opposite side of the area. Coach shouts “Hopping, GO” and first member of team will hop to the other teams’ box to **STEAL ONE** item to take back to their team. Either perform a timer of 2 minutes or three turns each. **To increase game difficulty; Extend distance of area/box for faster team, less items in box.**

**Each child needs to exercise a minimum of 30 minutes a day, so to break that up; 5 minute warm up games, 15 minute main activity, 5 minute drinks break (2 minutes after warm up and 3 minutes after main activity) and 5 minute cool down. Do not force the session, as the sensory circuit counts as physical activity too.**

**Extra team games examples**

Football/Basketball/Rugby- passing the ball to each other/through targets/to wall. Passing and scoring goals/points.

Athletics- relay races around the garden.

Cricket- bowling (underarm throw) and batting (hit the ball), then change roles and remainder fielding (catching). Batting towards a target, bowling and throwing towards a target.

Websites to use: <https://www.activityvillage.co.uk/group-games> This website has a lot of warm-up/team games to choose from.

**Cool down activities**

This should last 5 minutes at the end of your session and should encourage stretching and relaxing movements. If possible play relaxing music and keep a calm, quiet tone the whole way through. Take 10 seconds on each stretch and once complete lay down for the remainder of the 5 minutes.

