



PE Activity and Games Pack

SPEED BOUNCE

ACTIVITY

- Using a speed bounce mat, a soft hurdle or simply a line on the playground challenge your students to complete as many correct speed bounces over the hurdle in 15 seconds.
- A correct speed bounce requires both feet to land on the opposite side of the hurdle to where they started. Repeat this process as many times as possible.
- If an athlete lands on top of the hurdle/line or doesn't ground both feet the jump does not count.

SCORING SYSTEM

- Count each correct speed bounce performed, excluding any jumps which do not meet the described criteria.
- Record the total for each athlete.

EQUIPMENT

- Speed bounce mat, soft hurdle or line.
- Stopwatch/timer



MAKE IT EASIER

- Participants could jump over the speed bounce 1 foot to 2 feet.
- Allow step overs, both feet must be still touch the ground either side of the speed bounce

MAKE IT HARDER

- Use adjectives to describe the objects.
- Give clues or use riddles to describe the objects or items.

TOP TIPS

- Hold arms out to the side to improve balance during the jump.
- Try to get as close to the top of the hurdle as possible to save time.

SCAVENGER HUNT

ACTIVITY

- Children must find objects and items from around the house
- Give a list to each player of objects to find or an adult could describe each item at a time for children to go and find in turn.
- Use colours and other adjectives to describe the objects in detail. For example – find something Blue * to sit on.
- Objects and items could be any of the following or those of your own.
- Something... You can eat. With buttons. To read. Made of plastic. That makes a noise. That floats. That tells time. To eat with. You can wear.

SCORING SYSTEM

- Score a point if you can return with the item within a set time. (30 seconds as a guide time)
- If playing with 2 or more, then you can score first child back wins.

EQUIPMENT

No set equipment for this game. Use whatever you have around the house, it really could be anything!



MAKE IT EASIER

- Use the list of objects and items to play with, children will be able to refer back to it if they aren't sure or can't remember which item is next.
- Set a longer time to find each item (1 minute as a guide)

MAKE IT HARDER

- Use adjectives to describe the objects.
- Give clues or use riddles to describe the objects or items.

TOP TIPS

- Use your imagination, the objects you use could be everyday items or the treasures you have hidden away.

OUTDOOR SCAVENGER HUNT

ACTIVITY

- Children must find objects and items from an outdoor area. (back garden / park / playground)
- Give a list to each player of objects to find or an adult could describe each item at a time for children to go and find in turn.
- Use colours and other adjectives to describe the objects in detail. For example – find something green and prickly.
- Objects and items could be any of the following or those of your own.
- Something... Yellow. 3 kinds of leaves. A seed. Something you can eat. A Y shaped stick. A worm. A stone or rock. A bug. A pine cone.

SCORING SYSTEM

- Score a point if you can return with the item within a set time. (30 seconds as a guide time)
- If playing with 2 or more, then you can score first child back wins.

EQUIPMENT

No set equipment for this game. Use whatever can find, it really could be anything!



MAKE IT EASIER

- Use the list of objects and items to play with, children will be able to refer back to it if they aren't sure or can't remember which item is next.
- Set a longer time to find each item (1 minute as a guide)

MAKE IT HARDER

- Use adjectives to describe the objects.
- Give clues or use riddles to describe the objects or items.
- Set a time limit (5 minutes as a guide time) and see how many of each item you can find in that time.

TOP TIPS

- Use your imagination.
- Get foraging and find the most obscure things you can imagine.

HUMAN ROCK, PAPER, SCISSORS

ACTIVITY

Play a simple game of Rock, Paper, Scissors – with a twist

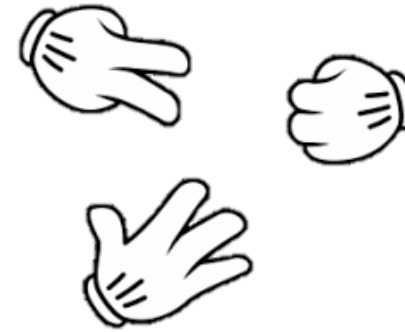
- Rock: The player will bend down and hug their knees and curl into a ball to look like a rock.
- Scissors: The player will stand with legs shoulder-width apart and both hands behind their head so they look like scissors.
- Paper: The player raises their hands and makes their body very flat like a sheet of paper

SCORING SYSTEM

- Rock beats Scissors
- Scissors beats Paper
- Paper beats Rock

EQUIPMENT

No equipment, find a friend and get playing!



MAKE IT HARDER

- Children must be running on the spot before showing their action
- Perform a set number of an exercise before showing your action. For example, 5 star jumps or 10 tuck jumps

TOP TIPS

- Call out ROCK PAPER SCISSORS... SHOOT
- Both players show their choice on the word shoot.

MUSICAL STATUES

ACTIVITY

Choose one person to be control the music.

- When the music starts, everyone else dances, the crazier the better.
- When the music stops, the dancers must freeze in their position.
- Anyone caught moving after that is out.
- Play continues until there is one person left, this person is the winner

SCORING SYSTEM

- Each round one child is eliminated from the game.
- Last child standing is the winner

EQUIPMENT

No equipment needed, grab some friends, some music and get dancing!

MAKE IT EASIER

- Children must sit down when the music stops
- The last child to sit down is out for that round.
- Players are not eliminated each round, to keep everyone active.

MAKE IT HARDER

- Children must stop and hold a specified position or exercise. For Example, hold a plank position or a squat hold.
- You could use different yoga positions such as Star, Cat, Airplane or Giraffe.

TOP TIPS

- The wilder the dance moves the harder it is to freeze and hold a position.
- Play the song for varied lengths of time to keep children guessing.



CHARADES

ACTIVITY

Aim of the game is to act out a subject, a book title, a famous person's name, a saying, a movie title or a song title to other players.

You are not allowed to talk or say anything to give clues. Use actions and mimes to act out your given topic.

The starting player should choose something the others will be familiar with. If you like designate a category like sports, pop music or Disney.

Whoever guesses correctly earns the chance to act out their title, or you could play in teams!

SCORING SYSTEM

- If a person guesses the topic or subject then they win a point.
- This person then gets to act out the next topic or subject.

EQUIPMENT

No equipment needed, grab your friends and have some fun!



TOP TIPS

- This is a really fun game to have a laugh and enjoying watching each other acting.
- The more obscure the topic or subjects the better.
- Try doing it with a partner to see what things you can come up with together, but remember no talking.

SHADOW TAG

ACTIVITY

A tag and invasion game with a simple objective, don't get caught!

- In this version of Tag, players tag each other's shadow with their feet instead of tagging an opponents body.
- Invaders must avoid getting tagged.
- Once tagged invaders must stand still. To be freed and return to the game a fellow invader must give you a shadow high 5.
- Taggers attempt to tag and freeze as many invaders as they can.
- Play for a set length of time.

This must be played on a sunny day.

SCORING SYSTEM

- Tagger must try to tag as many people as they can.
- 1 Point for each invader who is frozen at the end of the set time.

EQUIPMENT

No equipmentt, just a bit of sun to create a shadow.



TOP TIPS

- Set an area which has no surrounding objects which shadow falls into your playing zone.

FRUIT SALAD

ACTIVITY

- Children sit in a circle, then name each child a piece of fruit (Apple, Pear, Banana, Orange) only use 3 or 4 different fruits.
- One child stands in the middle and shouts out the name of one of the fruits. Then all of the children with that name jump up and have to find a different place in the circle. The child in the middle also has to find a free place.
- There should always be one child who misses out on a place so they go in the middle and shout the next fruit.

You can use names of anything, i.e animals, football teams, Disney characters etc.

SCORING SYSTEM

- Child who misses out on a free space is out for the next round and becomes the child in the middle who calls out the next fruit.

EQUIPMENT

No equipment needed, find some friends, make a circle and off you go!



MAKE IT HARDER

- Children must complete 5 star jumps before they can set off around the circle.
- All start in a set position. (this could be sat down, in a plank or a squat hold)

TOP TIPS

- Make sure everyone runs in the same direction

NOUGHTS AND CROSSES

ACTIVITY

- Set out a grid of spots or hoops 3x3
- Split group into two teams of 3, each group needs 5 cones of the same colour but different colour for each team.
- The teams are placed a distance of at least 5 metres away from the grid. On go the first person from each team runs and places one cone on one of the spots, run back to their team and the next person goes.
- The winning team is the one who gets 3 coloured cones in a line first.

You can add a referee to each game who can then swap with one of the members of the losing team after each game.

SCORING SYSTEM

- First team to get 3 in a row (vertically, horizontally or diagonally) wins

EQUIPMENT

9 hoops and 10 cones (5 of one colour, 5 of another)



MAKE IT EASIER

- Teams take it in turns to run out and put their cone in a hoop.

MAKE IT HARDER

- Add in a hurdle or agility ladder that players must navigate before putting their cone down in the grid.
- Players must complete an exercise before running to the grid such as 5 burpee's.

TOP TIPS

- Think about where you are placing your cone. Try to block the other team from getting three in a row.

TIME OUT

ACTIVITY

Aim of the game is to try to stop an exercise as close to a given time as possible. Children will be given a set time to perform an activity for, they must then stop when they think the time has elapsed.

- One person has the stopwatch and calls out a time (e.g. “20 seconds”).
- The “controller” calls “Go” as he/she starts the stopwatch.
- Everyone performs the exercise (running on the spot, star jumps etc.) stops and calls their own name when they think 20 seconds is up.
- The person who stops closest to the time scores a point and takes charge of the stopwatch next time.

Change the time and exercise each time.

SCORING SYSTEM

- A point is awarded to the child who is closest to the set time.

EQUIPMENT

1 stopwatch



MAKE IT HARDER

- Get children to stand back to back so that they can't see when other people have stopped or think the time is up.

TOP TIPS

- Get children to count the time in their heads or quietly so as to not put each other off.
- Keep the time short (no more than a minute)

CAT & MOUSE

ACTIVITY

- One person is selected as a cat and one as a mouse. The rest of the children form a circle spaced out enough so each child can hold their arms out to the side.
- The mouse is on the outside of the circle and the cat is on the inside.
- The rest of the children are the house. You call out “house open” or “house closed” if the house is closed, children hold their arms up to close the circle, if the house is open the children place arms by their sides so there are gaps to get in and out of the circle.
- The aim for the cat is to try and catch the mouse (tig). The aim for the mouse is to try and enter the house and escape without being tagged..

SCORING SYSTEM

- If the cat tags the mouse the game ends and new children are chosen as cat and mouse.
- Mouse wins the game if they are not caught within the set time.

EQUIPMENT

No equipment



MAKE IT HARDER

- Add another Cat (tagger) they must work together to try and catch the mouse
- However only allow 1 cat in the house (within the circle) at a time.

TOP TIPS

- Make sure children are spaced out enough to create a gap for the cat and mouse to move in-between.

ELEPHANT FOOTBALL

ACTIVITY

- Everyone stands in a circle, feet touching and legs wide apart, one hand behind the back.
- The aim of the game is to score a goal by hitting a soft ball through someone else's legs with the hand not behind the back (Elephants Trunk).
- You can only hit the ball with the flat of your hand.
- You can also stop the ball going through your legs with the flat of your hand.
- If a goal is scored the person who conceded starts the next go.
- Play for a length of time person with the most goals is the winner.

SCORING SYSTEM

- Player who has scored the most goal wins

EQUIPMENT

Small soft ball



MAKE IT EASIER

- Children are allowed to use either hand.
- Can roll the ball, as opposed to hitting it with your hand.

MAKE IT HARDER

- Only one hit at a time
- Therefore Children are not allowed to stop the ball with the flat of their hand before striking it.

TOP TIPS

- Bend your knees and have your hand out in front of you ready to hit or stop the ball
- Keep your eyes on the ball.

CLAP CATCH

ACTIVITY

- Children stand in a circle. You stand in the middle with a soft ball.
- You go around the group one person at a time saying clap or catch at the same time you throw them the ball. If you say clap, that person must clap their hands and then catch the ball. If you said catch then they just perform the catch.
- If a person fails to follow the instruction then they are out and sit down or if the person fails to catch the ball they are out.

After you have gone around in a circle you can throw to people in random. The winner is the last person standing..

SCORING SYSTEM

- Last person standing is the winner

EQUIPMENT

Soft ball



MAKE IT EASIER

- Do a bounce pass to the children in the circle .
- Make the distance from the thrower to catcher shorter to allow more successfully catches.
- Call the command and then throw the ball so that children have thinking time to complete the action.

MAKE IT HARDER

- To make it more challenging, make them do opposites so catch means clap and vice versa.
- Perform the catch one handed.

TOP TIPS

- Make sure children have their hands ready to clap and catch.
- Watch the person in the middle so you don't get caught out.

HOOP BALL

ACTIVITY

- This game is played in pairs.
- Set out a hula hoop on the floor with two spots placed 3-5 metres either side of it.
- Each pair has one ball, ideally basketball.
- The aim of the game is for the people in the pairs to take turns to try and throw the ball so that it bounces in the hoop (on the first bounce) if they successfully do that then they score a point.



SCORING SYSTEM

- Players score one point for bouncing the ball inside the hoop
- First player to an agreed points tally wins (e.g. 3 points / 5 points)

EQUIPMENT

- 1 hula hoop between two children
- 1 basketball between two children
- 2 spots to mark throwing point

MAKE IT EASIER

- The throwing line is moved closer to the hoop.
- Make the size of the hoop bigger to increase the target area.

MAKE IT HARDER

- Begin with a throwing line from a further distance
- Make the hoop smaller to demand a more accurate shot.

TOP TIPS

- Step into the bounce pass to generate more power
- Focus on the target
- Hands should finish pointing to the target once you've released the ball.

PROTECT THE TOWER

ACTIVITY

- Children play in an open space and form a circle around the Tower (Cricket stumps, box, bin, an object that is tall and of reasonable size).
- One player is designated as the protector of the Tower and is allowed to touch the ball with their hands or body but not the feet.
- Children (throwers/rollers) may retrieve the ball from inside the circle area but have to go back to the perimeter of the circle to throw/roll.
- After each successful hit of the target, the guard is rotated (the person who hits the target guards the bin next)

SCORING SYSTEM

- 1 point is scored for each successful hit on the target.
- or
- Throwers who hit are rewarded by swapping places with the protector. Protector at the end of the game wins.

EQUIPMENT

- Tower (cricket stump/bin/box)
- Tennis ball
- Cones to mark out a circle for the throwers

MAKE IT EASIER

- Make the tower bigger so the throwers have a better chance of hitting.
- Allow throwers to throw from a closer distance

MAKE IT HARDER

- Add in another protector to help defend the tower and make it harder to hit.
- Throwers must stand further away
- Make the tower smaller so that the throwers have to be more accurate

TOP TIPS

- Move the ball quickly so that the protectors don't have chance to set themselves and block your shot to the target.



TENNIS – KEEPY UPPIES

ACTIVITY

- .How many can you do?
- Children have 30 seconds to complete as many of the activity as they can.
- Children must bounce a tennis ball up and down on a tennis racket
- Each bounce on the racket counts as 1 point to your score
- If you drop the ball, pick it up and continue from your score
- Number you've done at the end of the time is your score.

SCORING SYSTEM

- One point for each repetition
- Score is number of repetitions within the set time

EQUIPMENT

- Tennis racket
- Tennis ball
- Stopwatch



TOP TIPS

- Keep your eye on the ball
- Small hits to keep under control.

FOOTBALL KEEPY UPPIES

ACTIVITY

- .How many can you do?
- Children have 30 seconds to complete as many of the activity as they can.
- Children must bounce kick the ball keeping it up from the floor successfully.
- Each kick in the air counts as 1 point to your score
- If the ball bounces then, restart and continue from your score
- Number you've done at the end of the time is your score.

SCORING SYSTEM

- One point for each repetition
- Score is number of repetitions within the set time

EQUIPMENT

- Football
- Stopwatch



TOP TIPS

- Keep your eye on the ball
- Small kicks to keep under control.
- Use both feet

BASKETBALL BOUNCES

ACTIVITY

- .How many can you do?
- Children have 30 seconds to complete as many of the activity as they can.
- Children must bounce (dribble) a basketball as many times as they can.
- Each bounce (hand to floor to hand) counts as 1 point to your score
- If you drop the ball, pick it up and continue from your score
- Number you've done at the end of the time is your score.

SCORING SYSTEM

- One point for each repetition
- Score is number of repetitions within the set time

EQUIPMENT

- Basketball
- Stopwatch



TOP TIPS

- Keep your eye on the ball
- Spread fingers to make hard nice and big.
- Keep it under control

SINGLE BOUNCE SKIPS

ACTIVITY

- .How many can you do?
- Children have 30 seconds to complete as many of the activity as they can.
- Children must do as many jumps of a skipping rope
- Each successful turn and jump of the rope counts as 1 point to your score
- If you don't manage to jump the rope, continue from the score you were on
- Number you've done at the end of the time is your score.

SCORING SYSTEM

- One point for each repetition
- Score is number of repetitions within the set time

EQUIPMENT

- Skipping rope
- Stopwatch



TOP TIPS

- Jump as the rope hits the ground
- Keep your feet together
- A steady rhythm of turning the rope will help

SHUTTLE SPRINTS

ACTIVITY

- How many can you do?
- Children have 30 seconds to complete as many of the activity as they can.
- Children must run between the 2 markers (10m apart) as quick as they can
- Each length completed counts as 1 point to your score
- Make sure you touch the line each side.
- Number you've done at the end of the time is your score.

SCORING SYSTEM

- One point for each repetition
- Score is number of repetitions within the set time

EQUIPMENT

- Cones
- Stopwatch



TOP TIPS

- Touch the line each side
- Keep going and don't give up

BOWLING

ACTIVITY

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.

SCORING SYSTEM

- 1 point for each item knocked down
- Player with the most points at the end of 5 rounds wins

EQUIPMENT

- Small ball
- 10 items to use as pins to knock down



MAKE IT EASIER

- Use a bigger size ball or heavier weighted ball to make hitting and knocking down the pins easier.

MAKE IT HARDER

- Use more pins to make scoring harder.
- Start from further away so rolling from a greater distance

TOP TIPS

- Aim for the middle pin
- Move the knocked over pins out the way between shots

BOCCIA

ACTIVITY

- This game can be played standing up or sitting down.
- Choose a place to throw from and place a marker 5 steps away.
- Each player needs 3 balls or pairs of socks.
- Players take turns to throw or roll their ball towards the marker.
- Once all players have thrown or rolled their ball, the ball that is closest to the marker is the winner

SCORING SYSTEM

- Player with the ball closest to the marker is the winner of that round
- Player with the most points at the end of 5 rounds wins

EQUIPMENT

- Small ball or rolled up pair of socks
- Marker (to use as a target to aim at)



MAKE IT EASIER

- Place the marker closer to the throw line
- Use a bigger marker so that the target is easier to hit

MAKE IT HARDER

- Start from further away so rolling from a greater distance

TOP TIPS

- Step forwards with one foot, bending the knee, release the ball along the ground using your opposite hand.

BATTLESHIPS

ACTIVITY

- Use a clear table and divide in half.
- Each player places 3 ships (spots) on their half
- Players take it in turns to try and bounce a ball onto their opponents ships.
- If they hit, turn the spot over, if they miss continue as normal.
- Players take it in turns to try and bounce the ball on the others ships
- First player to hit all 3 of their opponents ships is the winner

SCORING SYSTEM

- Players score points by bouncing ball on opponents spot
- Player how hits all 3 spots first wins

EQUIPMENT

- Table
- Spots (to use as ships)
- Table tennis ball or similar



MAKE IT EASIER

- Use something bigger as a ship so that targets are easier to hit.

MAKE IT HARDER

- Make a rule that the ball must bounce before hitting the spot (direct hit doesn't count)

TOP TIPS

- Try to position your ships in different places to make it difficult