

Cross the River

Home Physical Education

Can you work out a method for successfully crossing the river

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?

Top Tips

Place the Pillows

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

Let's Reflect

What was the best method for crossing the river?

How did you feel when you crossed successfully?

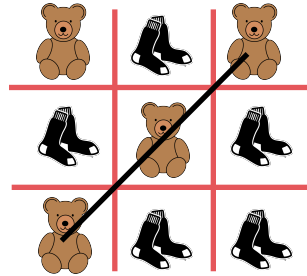
Noughts and Crosses

Home Physical Education

Can you play fairly and play by the rules?

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 try a variety of different tactics?

Top Tips

Think Tactically

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

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?

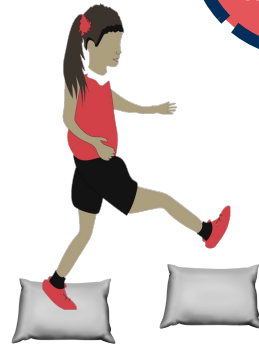
Race across the River

Home Physical Education

Can you play by the rules and if you touch the floor start again?

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.
- It's a race! The winner is the first person to cross the river without falling in and touching the floor. If you do touch the floor, you have to start again.



Can you keep trying even if someone is quicker than you?

Top Tips

Place the Pillows

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

Let's Reflect

Who was the winner? Why do you think they were able to win?

How did you feel when you crossed successfully?

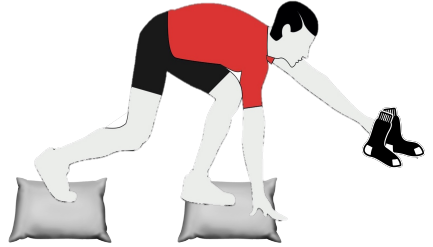
Save the Treasure

Home Physical Education

Can you play by the rules and if you touch the floor start again?

How to play:

- Agree a starting point. Spread treasure across the floor. Use toys and socks as treasure.
- Using two objects can you move without touching the floor, picking up the treasure and returning it to your starting point.
- If you touch the floor you must drop the treasure and start again.
- Create a scoring system so that shoe = 1 point and socks = 2 points. How many points can you score?



Can you keep trying to think of the best ways to use the objects to move?

Top Tips

Do not carry too much treasure in one go!

If you carry too much treasure then you risk falling and losing your treasure.

Let's Reflect

What tactic did you use for collecting treasure?

How did you use your two objects to move around safely and efficiently?

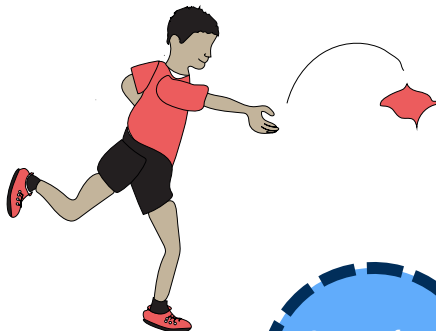
Target Treasure: Level 2

Home Physical Education

Can you think tactically and decide which targets to aim for and why?

How to play:

- Place a selection of targets 5 large steps away from your starting line.
- Decide how many points each piece of treasure is worth E.g. Toys = 1 point and shoes = 2 points.
- Players take turns to throw an object towards the treasure targets from behind the starting line.
- The winner is the player to score the most points when all of the treasure is gone.



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

Top Tips

Throwing Underarm

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

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?

The Blue Egg

Home Physical Education

Can you play fairly and keep the score?

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 then 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?

Top Tips

Work Hard

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

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?