

PE Resources

Walk the Tightrope

Lay out several lengths of rope or washing line along the floor.

Walk along the rope following its path to reach the other side.

Can walk backwards or sideways?

Can you do 'tricks' along the route e.g. stand on one leg, jump forward, turn around?

Lay the ropes out in shapes/letters/numbers to walk on/around and discuss.

Extension:

Put items on the floor that you have to pick up whilst practicing a skill/physical movement. You could then hop to the item and pick it up, jump to an item and pick it up, take giant steps to the item and pick it up, try walking sideways etc. Walk along the tight rope with a bag, how many items can you collect?

Bean Bag Bucket Toss

Use a bean bag (or similar item that can be thrown - teddy bear, pair of socks, etc).

Place a bucket/box on the floor.

Create a throw line (the distance from the bucket/box to the line should start at roughly one metre but can vary on age and ability).

Throw the bean bags into the basket. What type of throw should/can be used? (underarm/overarm etc.).

Musical Statues

Guide your child through an improvisation as if they were at the circus watching the exciting acts. Use ideas from below:

What gestures might you use?

* pointing at an amazing juggler

* holding your tummy laughing at a clown

* squinting your eyes through your hands as an acrobat is balancing high above the ground

* putting your hands over your ears as the canon makes a loud bang.

Play a game of musical statues. Choose one of the above and move that way whilst the music is playing. When the music stops, freeze in the shape of your chosen act. Can an adult/sibling guess what you are?