warm up // knee tag



how to play:

- In pairs children start by facing each other.
- Ask the children to stand in the ready position. Knees bent, leaning slightly forward, arms out in front.
- The aim of the game is to tag your partners knee to get 1 point.
- The children must also use footwork to avoid being tug.
- Play the game for 1 minute and see how many points they get.
- Repeat the game and see if the children can beat their previous score.

This is a summary of a full plan available at www.PEplanning.org.uk.
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

coordination and movement // follow the leader





how to play:

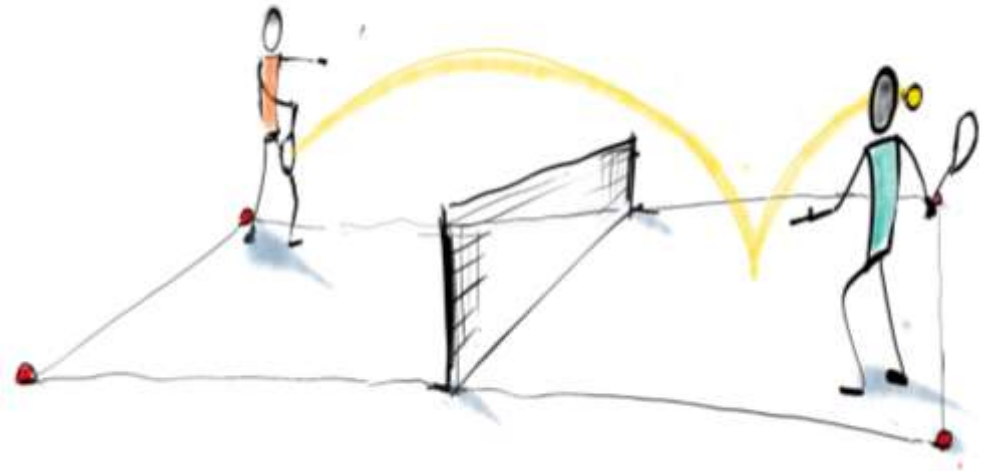
- Split the class into groups of 4/5, stand them in a single file line.
- The person at the front is the leader.
- This person can move in any direction they want.
- The rest of the group must follow their lead.
- When the teacher calls change the leader must move to the back of the line.
- The next child then becomes the leader.

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game // score the game

how to set up:

- Create a tennis court using cones as shown in the diagram. 1 cone in each corner and 4 across the middle.
- One player stands on each side of the court.



equipment:

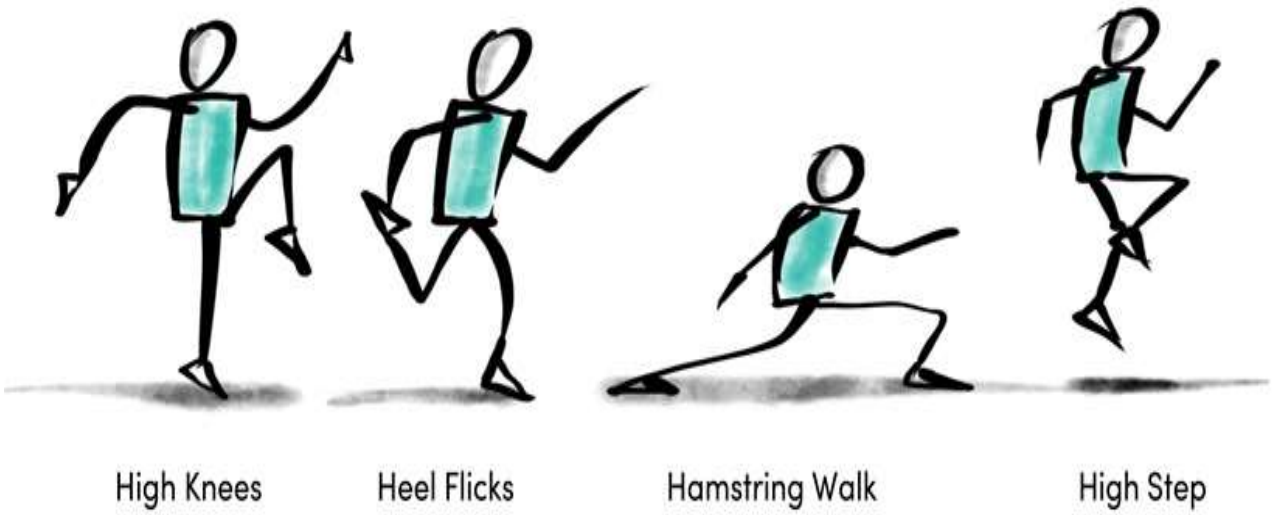
- 1 tennis racket per child
- 1 ball per pair
- 8 cones per pair to make the court

how to play:

- The games are played 1v1.
- The aim of the game is to get children scoring their own games and playing fairly.
- Explain the following rules that apply to the game.
- A point is scored if the ball bounces more than once in your opponent's area.
- A point is scored if your opponent fails to hit the ball back to your side.
- A point is scored if the ball does not land in your area after your opponent has hit it.
- Play each game first to 7.

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cool down // dynamic stretch



equipment:

- One cone per group
- Cones to mark 10m and 20m lines

how to play:

- The children should complete the exercise in the first 10m of the area and then jog the next 10m then return to the back.
- Exercises: Jogging, High Knees, Heel Flicks, Lunges, High Skipping, Cross-over's - These exercises should be completed over the first 10 steps.

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