

Physical Education Activity Board

<p>Hot Lava Use material to layout on the floor, can they move across the room without falling into the hot lava?</p>	<p>Dance Party Put on some music and bust out your best dance moves. Or use Just Dance on YouTube.</p>	<p>Snowball Fight Ball up some socks and throw them at one another. Don't get hit or you turn into a snow statue!</p>	<p>Balance Beam Stick a piece of tape to the floor and try to walk across the beam without falling off. Challenge: hop on one foot</p>	<p>Hopscotch Create a hopscotch board and play.</p>
<p>Stretching Use Cosmic Kids online to do some stretching and relaxation along with a story</p>	<p>Hula hoops Challenge: how long can you hula hoop for?</p>	<p>Bean Bag Toss Set up a target and toss bean bag/socks into it. You could use a box with cut holes in it or bowls as targets.</p>	<p>Egg Spoon Race Use table spoons and have an egg and spoon race across the room. You could even try it in teams – passing the egg to your team mate.</p>	<p>Tail Tag Place a piece of fabric in your back pocket or loosely around a belt look. Everyone chases to try and pull the tail out!</p>
<p>Tunnel Crawling uses many muscles – make your own tunnel and try crawling through it.</p>	<p>Obstacle Course Move chairs and tables around and set up a fun obstacle course.</p>	<p>Captain, Yes captain Captain shouts orders e.g. starboard (run to right side of boat) and the crew follow. Watch out for 'shark' and run to the designated base.</p>	<p>Parachute Games Use a blanket or bedsheet to make your own parachute e.g. keep the ball on the parachute.</p>	<p>Simon Says Use physical commands to play Simon says. E.g. jumping jacks, sit ups, crawling.</p>