

## PE Activities for Year 1

*Warming up exercises:*

### **Continue the pattern**

First, they have to hop, next slide to the left, then jump on the spot and finally slide to the right. Every now and then, the children are instructed to stop and the teacher asks them: *What's the next movement?*

### **Land on a shape**

The pupils run around and then the teacher shouts the name of a shape. Each pupil has to look around the playground to find that particular shape and then lands on it.

### **Counting the movements**

The teacher shouts a number and the pupils have to do the number of movements required, e.g. 4 hops, 6 scissors jumps, 2 frog jumps, etc. or else take a deep breath in and hold their breath for a number of seconds.

*Group Activities:*

### **Drawing**

Each child has to look around them and draw something which is smaller than their hand on the sheet provided. In the second activity, they have to rub the coin indicated on the sheet. The third activity consists of having two pictures and they circle the taller object.

## **Longest Throw**

Each child is given three balls with varying sizes and weight. They have to throw each ball as far away as possible and then they compare the distances, considering also the size and weight of each ball.

## **Bowling**

The pupils are shown a set of skittles having numbers from 1 to 10. Using a bowling ball, they have to hit two skittles and find the total of the two digits.

*Alternative* - This game can be played using hoops and cones and each pupil has to toss two hoops over two cones and add the digits attached to each cone.

## **Sponge Squeeze**

Each child has to take a sponge from a bucket of water and run with it to a container and then squeeze it. Then, the water in the container is poured in a labelled bottle to check the level of water squeezed - nearly empty, half full, nearly full or full? The group with the higher level of water wins the game.

*Whole Class Activity:*

## **Lions and Tigers**

Each child of every group is given a number and when the teacher says a sum (addition or subtraction), they have to work it out and the child whose number matches the answer has to come out to try and get the ball before the opponent. The group with the most tries wins the game.