

## PE Activities for Year 2

*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 asked: 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:*

### **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 showing 2 numbers that make up 10.

*Alternative* - Each pupil hits only one skittle and has to state which number is needed to add to the number on the skittle to make up 10.

## **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 measure the distance from the starting line to the landing point. Then they compare the distances, considering also the size and weight of each ball.

*Alternatives* - They can then take it in turns to throw a paper plate (representing the discus throw) and a straw (similar to javelin throw).

## **Sponge Squeeze**

Each child has to take a soft ball from a bucket of water and run with it to a container and then squeeze it. Then, the water in the jug 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 highest level of water wins the game.

## **Snakes and Ladders**

Each child has to throw a dice and move the counter along the numbers. The pupils are given a throw chart to colour how many throws they need to finish the game.

On which throw did each child finish? Who needed the fewest throws wins the game.

## **Hopscotch**

The group who jumps on the hopscotch counting in 1s, 2s, 3s, 5s and 10s correctly wins the game.

## **Hoop Toss**

Each pupil has to toss two hoops over two cones having a number:

- even/odd
- add the two digits
- double each number

Put all the cone numbers in order, from smallest to largest or vice versa.

*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.