

# PE Games and Activities

## Challenge Cards



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## The Penguin Shuffle

**Equipment needed – bean bags and hula hoops.**

Best done as a relay race. Class is split into equal teams and each child is given a bean bag or small ball. The bean bag is placed between the child's knees and they shuffle up to a hula hoop. They must drop their bean bag into the hoop and return to their team, allowing the next child to go. The first team with all their bean bags in the hoop wins!

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## Catch Don't Catch

**Equipment needed – ball or small beanbag**

Players stand in a circle with their arms crossed. One player in the centre throws the ball to someone in the circle, saying either 'Catch' or 'Don't catch'. If they say 'Catch', the player should not catch the ball and must not move their arms. If they say 'Don't catch', the player should catch the ball! If a player does the wrong thing or misses the ball, they're out! Listen very carefully!

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## Ticking Bomb

**Equipment needed – ball or small beanbag**

Players stand in a circle. One 'spy' stands with his back to the circle. The bean bag (or bomb) is passed quickly round the circle but cannot be dropped. If it is dropped the person who drops it must hold it for three seconds. The spy shouts 'stop' at any time during the game. When 'stop' is heard, the person holding the 'bomb' is out. Winner is the last person in the circle!

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## Sleeping Lions

**Equipment needed – none!**

**This game is great for a cool down activity**

Everyone lies on the floor except one or two hunters. Everyone else is a 'sleeping lion', and once they've settled they're not allowed to move. The hunters walk around trying to make the sleeping lions move by making them laugh, telling jokes and so on, but they aren't allowed to touch them. Once a lion has moved, it gets up to join the hunters.

## Footbag

**Equipment needed – a small beanbag**

Have players stand in a circle and play catch with the beanbag – but they can only use their feet!

Can also be played in smaller groups or pairs.

## Line Basketball

**Equipment needed – 2 basketballs and nets.**

Divide the class into two lines facing each other on opposite sides of the space. Players are numbered and will be facing their matching number from the other team. Place two basketballs in between the two lines. Teacher calls a number. The two children with this number must race to the balls. Once they get their ball, they chest pass the ball along their line of team mates (each team goes in opposite directions). Once they reach the end of their line, they try to score a point by shooting a basket. Play continues until one player scores, then they both return to their space in the line and another number is called. Excellent for practising basketball skills.

## Pass the Hoop

**Equipment needed – hula hoops.**

This game is excellent for building trust and co-operation between classmates.

- Players stand in a circle holding hands.
- A hoop is placed between two children.
- The hoop must pass round the ring without breaking contact.

Add to the fun by adding more hoops!

## Rock, Paper, Scissors, Catch!

### Equipment needed – hula hoops.

Students are split into two equal teams. As a team, they decide if the team is going to play 'rock', 'paper', or 'scissors'. They meet for a "face off" at the centre line of a gym or field and on the count of three they play their rock, paper, or scissors. (Remember, paper beats rock, rock beats scissors, and scissors beats paper.)

Whoever wins then chases the other team to the end line of the field or gym and catches as many people as they can on the way. Those that are caught now join the other team. The game continues until all the players from one team are caught.

## Fast Reactions

### Equipment needed – ball or small object per group.

Children get into groups of 3 or 4 with a ball or small object. Place the ball in the middle of the group. The teacher shouts commands to the children which they follow e.g. touch your head, touch your toes, hop on one foot etc.

As soon as the teacher shouts "ball", the children need to grab the ball as quick as they can. The person who gets the ball first wins.

## Floating Balls

### Equipment: 3 Balls (Beach Balls)

Players scatter over the playing area and a ball is tossed into the air. The players must keep the ball in the air using any part of the body. Once one ball is up, get two or three balls going at the same time. Keep count of the number of times the ball (or balls) is kept up in the air before it hits the ground.

Try to improve the score each time.

## Scatterball

### Equipment needed – 4 balls and set up hall or field like rounder's

No teams, everyone plays for themselves! One kicker and everyone else is a fielder. The kicker kicks (or throws) the 4 balls as far as they can. Once all four have been scattered, the kicker must run around the bases aiming for a home run. The fielders try to collect all four balls to the home base before the kicker gets there. Swap the kicker each time.

## Everyone is It

### Equipment needed – none

Set up a playing area. All children start inside the playing area and all are IT. Children run around trying to avoid being tagged by people, but at the same time trying to tag others. Once tagged, the child is out and steps out of the playing area. If two children tag each other at the same time, they are both out. The aim is to be the last two left (they are the winners).

## Bench Ball

### Equipment needed – A bench for each team, 4/6 balls

Class is split into two teams. Each team stands in their half of the space. At the back of their half is a bench. Balls are placed on the centre court line. The game is a bit like dodgeball, but if you are hit (below the hips only) you must stand on the bench at the back of the other team. Benched players can re-join the game by catching a ball and hitting someone on the opposing team (below the hips only!) The winning team is the one with the most players at the end of the game.

## Crab Ball

### Equipment needed – A ball

Divide group into teams of 6 and have them sit on the floor around the room. Place a goal at each end and the ball in the middle. When given the signal for play to start, the two chosen teams must crab walk to the ball and attempt to kick the ball toward their goal and score. Players must stay in the crab-walk position the entire game. Failure results in the opposing team getting a free kick. After a goal is scored, the winning team gets another game against a new team (they must return to their base before the game starts to make it fair!)