

Instructions: Running

Your teacher will tell you which option you will be doing.

Option 1:

- Run around the track pointed out by your teacher. If there are any hurdles set out make sure you go over them.

Option 2:

- Take turns running around the track. Use the stopwatch to see who is the fastest. Your teacher will show you how to use the stopwatch.

Option 3:

- First run around the track, then walk around it, then skip around it, and finally try hopping around it.

Instructions: Skipping

Your teacher will tell you which option you will be doing.

Option 1:

- Each person should use a rope to skip with. How many times can you skip in a row? Do you know any skipping tricks? If so, show the others in your group how to do them.

Option 2:

- Two people each take hold of one of the handles on a skipping rope. Standing apart, make the rope go up and down. The other people in your group should take turns skipping in the center of the skipping rope. Can you get more than one person skipping at the same time?

Instructions: Soccer skills

Your teacher will tell you which option you will be doing.

Option 1:

- Running up and down the space pointed out by your teacher, either pass a soccer ball back and forth between 2 or 3 people, or kick it gently ahead of you as you run.

Option 2:

- Your teacher has set up two goals. Make two teams and play soccer. Pass the ball back and forth, and try to score goals. Remember you are not allowed to touch the ball with your hands, or to push any of the other players.

Instructions: Elastics / “brother”

- Two people should stand a few paces from each other. They need to loop the elastic around their ankles. The elastic should be stretched so it is not sagging on the ground.
- The other people in your group should take turns jumping over the elastic loop.
- Start on the left-hand side. The first person to jump, should jump up and land with their left foot outside the elastic loop, and their right foot inside the middle of the elastic loop.
- Jump again, so that the right foot lands outside the elastic loop, and the left foot lands inside the middle of the elastic loop.
- Jump again, this time both feet land inside the middle of the elastic loop.
- Jump up and land with both feet outside the elastic loop. One foot should be on the left-hand side, and the other foot on the right-hand side.

- Jump again, and land on top of the elastic loop. The left foot will land on the elastic on the left-hand side of the loop, and the right foot will land on the elastic on the right-hand side of the loop.
- One last big jump, so both feet land outside the elastic loop on the right-hand side. It is now the next person's turn.

Once everyone has had a turn, you can re-play the game and make it a little bit harder.

Options:

- Make the elastic loop narrower by looping the elastic around only one ankle instead of both ankles.
- Make the elastic loop wider by asking the two people with the elastic around their ankles to stretch their legs out.
- Make the elastic loop higher by looping it around the knees rather than the ankles.