



5TH CLASS P.E.
JUNE 2020

“Fun and Games” Week 2

MONDAY

Treasure Chest



Play this game in a large area with three or more players. Place a basin/bucket in the centre of this area as the treasure chest. Fill it with treasure objects e.g. tennis balls, marbles, toys. Divide the players into two teams of pirates. Each pirate team stands on opposite sides. One player is the Captain. When the captain says 'Treasure ahoy' the pirates run back and forth to the chest, removing one piece of treasure at a time bringing it back to their ship. Whichever pirate team has the most treasure wins!

Bonus family activity for this week



Have fun with **Jigsaw Races!** Leave jumbled jigsaw pieces for each player at the end of your race track. Every player runs down and collects one piece at a time. When a player has all their pieces, they can make their jigsaw.

TUESDAY

Sit Stand Bounce

You will need a large ball, like a basketball, and a chair or something to sit on. Begin in a sitting position, bouncing your ball. When you're ready, stand up, trying to keep bouncing the ball without stopping. It's tricky! Do this a few times and then try bouncing with your other hand.



WEDNESDAY

Try It On

Try this game with two or more players. Place a pile of dress up clothes for each player at the end of a large space. Use hats, gloves, scarves, socks and coats. Make sure you have the same number of items in each pile. The players have to run to the pile of clothes, put on everything, take them all off again and run back to the finish line. First person back is the winner.



THURSDAY

Shadow Dancing

Close the curtains in your room, turning out the main lights and turning on a lamp so that you can see your shadow on the wall. Make it as big as you can. Now turn on your favourite song and create a dance for you and your shadow. Include two twirls, two jumps and a balance. Spend 15 minutes creating your dance and then perform it for somebody in your family.



FRIDAY

Move To Your Music

Choose your favourite song or piece of music. Make a sequence of four body movements to the music:



- Begin by choosing movement for your legs, for example, step forward, step back.
- Add in your arms, for example, hands on your hips, clap clap.
- Think about adding a hop or a skip.
- Will you move forwards, backwards or sideways?
- Practise your sequence and then perform it for a grown-up at home.