

# Teaching Ideas

## Games and Activities for PE (primary)

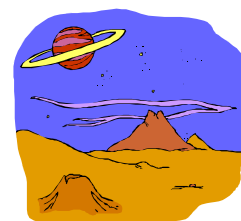
### Hello (Warm Up/Dance)

Move around the space to music. When the music stops greet the children closest using different methods e.g. Shake hands, high fives, Dr Spock, bow, curtsy, salute etc.

### Space (Dance/Methods of Travel)

Make the following movements relating to space.

- ◆ Space walk – slow like an astronaut
- ◆ Spinning planets – stand and spin
- ◆ Meteor – sit and spin
- ◆ Star
- ◆ Planet – make self into a ball
- ◆ Rocket run fast
- ◆ Orbit move around other children
- ◆ Black hole form rings around a centre and rotate (extend into different directions)
- ◆ Space ball – blow up into 'ball' float around the room then deflate to lie down



### Body Crayon (Warm Up/Dance)

Ask the children to pretend that their bodies are crayons. Let them decide what colour. They want to be (and let them know they can change the colour anytime they want). The "paper" will be the floor. Suggest that they use their bodies to draw all over the paper. Some suggestions for the drawing are as follows:

- Scribble all over the paper
- Draw big lines/little lines
- Draw long and short lines
- Draw small circle
- Make dots

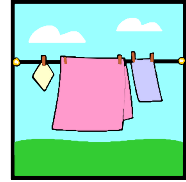
### Stone Cold (dodge/Chase/warm up)

Give each child a number, then ask them all to run around in different directions. If their number is called they have to stand still like a statue until the next number is called when they can move again.

### **Washing Game (Dance/Balance)**

Make the following moves relating to washing or clothes.

- Skirt - Children sit on floor with legs stretched out wide.
- Trousers - Children sit on floor with legs outstretched together.
- Shorts - Children sit on floor hugging legs into stomach.
- Dress - Children stand up with legs outstretched.
- Washing machine - Jump up and down on the spot.
- Spin Dryer - Spin around on the spot.



### **Jungle Walk (Dance/Link Actions/Methods of Travel)**

Children are running through the 'jungle' and run into many animals, etc that they need to get away from. The teacher can give appropriate commands, and the children carry out a suitable action:

- jump over logs
- duck under branches
- high knees through quicksand
- run from the tiger
- tip toe past the snake
- talk to the monkeys (ooh, ooh, aah, aah), etc.

### **Eggs (Balance)**

Children are 'eggs' when they move around to teacher's locomotor commands. If the teacher yells out:

- ◆ Friend egg - the children have to lie on their stomach and hold their arms and legs out to their sides,
- ◆ Sunny side up – children flip over onto back
- ◆ Boiled eggs - the children have to stay on their feet but curl up into a tight ball
- ◆ Poached egg – children lie on back with knees and head bent
- ◆ Scrambed egg- children jiggle and jump about on the spot



### **Co-operation Challenge (Small Sided Games)**

Break Children into teams each with a number of balls/bean-bags for each team. The teams have to work out the fastest and the most efficient way of getting the objects to the target when given the challenge.

- ◆ Only using knees
- ◆ Only using elbows
- ◆ Only using tops of feet
- ◆ Only using heads

## **Mr Men (Warm/Up/Dance/Methods of Travel)**

Children imitate the different personalities of Mr Men.

Mr. Slow - move slowly.

Mr. Rush - move fast.

Mr. Jelly - shake your whole body.

Mr. Muddle - walk backwards.

Mr. Bounce - bounce!

Mr. Small - crouch and move.

Mr. Strong - move flexing your muscles.

Mr. Tall - stretch up and move (good for stretching once the children's hearts are racing)

## **Restaurant Relay (Sending/Receiving/Small Sided Games)**

Group is divided into teams. Each team in turn has to balance a balloon on a paper plate around and obstacle course without dropping the balloon



## **Cool Down**

### **Changeable Weather**

Children make up one team. One child lies on his/her stomach. The other child kneels next to the first child and uses his/her hands to show the different weather possibilities on the players back. Alternate sunshine, rain, misting rain to downpours, hail, snow, and thunderstorms. After a few minutes, the children change places. In the evaluation round, the children talk about how well the actions were interpreted and acted out.

### **Balloon**

Every child pretends he/she is a balloon, which is slowly being inflated. With every breath taken, slowly stand from a squatting position, getting bigger and bigger. Slowly extend the hands and feet away from the body, until with a big bang, the balloon bursts. (Fall to the ground and lie there.)

### **Pussy Cat**

Find a space and stretch like cats.

- ◆ Sleeping cat – sit back on heels and stretch forward with hands on the floor
- ◆ Tickle tum cat – lie on back bend knees to chest hold and now lift head
- ◆ Angry cat – all fours arch back up
- ◆ Happy cat – all fours arch back down



## **Elevator Breathing**

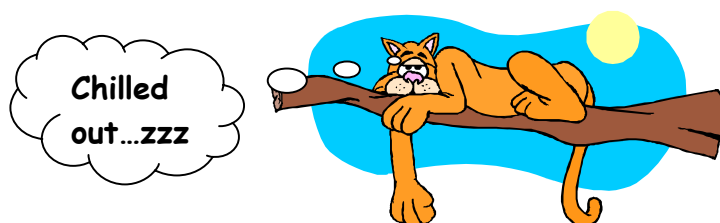
### **What you need**

Space and somewhere comfy to lie

### **What you do**

Begin by encouraging the children to observe the natural inhalation and exhalation of his/her breath without changing anything. Proceed with the following directions:

- ◆ Your breath is an elevator (use the word 'lift' if preferred) taking a ride through your body.
- ◆ Breathe in through your nose and start the elevator ride.  
Breathe out and feel your breath go all the way to the basement, down to your toes.
- ◆ Breathe in and take your elevator breath up to your belly.  
Hold it. Now, breathe out all your air. (*Pause*)
- ◆ This time, breathe in and take your elevator breath up to your chest.  
Hold it. Now breathe out all your air. (*Pause*)
- ◆ Now breathe in and take your elevator breath up to the top floor, up through your throat and into your face and forehead.
- ◆ Feel your head fill with breath. *Hold it.*
- ◆ Now breathe out and feel your elevator breath take all your troubles and worries down through your chest, your belly, your legs, and out through the elevator doors in your feet.  
(*Repeat*)



### **Useful Resources**



Smart Moves Motor Skills Development Programme – available from Smart Coaching and Consultancy

[www.smartcc.co.uk](http://www.smartcc.co.uk) Tel: 01291 673926

Fidget Busters Brain Breaks and Energisers by Sharon Drew and Elizabeth Atter – available from LDA [www.ldalearning.com](http://www.ldalearning.com)