

## PE Activities

### Cross the River

#### YOU WILL NEED

Family or friends Cushions

#### HOW TO PLAY

Imagine there is a river running across your playing area with a riverbank on each side. One-player game: Using two cushions as lily pads, try to cross the river without touching the floor. Two or more player game: Using three cushions as lily pads, work together to try to cross the river. Only one person is allowed on a lily pad at a time.

#### REMEMBER...

Make sure you have enough room to cross the river safely. Make sure the 'lily pads' won't slip and slide across the floor.

## Crazy Balloon Racing

### YOU WILL NEED

*Family or friends Balloons*

### HOW TO PLAY

*Make a race track with a start and finish line.*

*Two-player game: Each player blows up a balloon and holds it out in front of them, pinching the end.*

*On the command 'Crazy balloonist go!' they let go of their balloons and chase them to where they land.*

*They then pick it up and repeat until they reach the finish line.*

*Team game: Play as above but each team member takes it in turns as the whole team chases the balloon down the course.*

### REMEMBER...

*Make sure you have plenty of space to play this game.*

Try and complete the exercises 3 times a week. Try and time yourself completing them in a minute, if you don't manage to do an exercise for a minute, try and complete the whole minute the next day.

Exercises	First Attempt	Second Attempt	Third Attempt
<p>Plank</p> <p>Did you do the plank for the full minute? Yes or no?</p>			
<p>Burpees</p> <p>How many in 1 minute?</p>			
<p>Sit Ups</p> <p>How many in 1 minute?</p>			
<p>Shuttle Runs</p> <p>How many in 1 minute?</p>			
<p>Squats</p> <p>How many in 1 minute?</p>			
<p>Star Jumps</p> <p>How many in 1 minute?</p>			
<p>Lunges</p> <p>How many in 1 minute?</p>			
<p>Press Ups</p> <p>How many in 1 minute?</p>			

Pick 3 different exercises:

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