

# Keep on the Move

## Home Physical Education

Can you make sure everyone is moving around in a space?

### How to play:

- Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space .
- Players move around the space in a creative way.
- When a player reaches a pair of socks they jump 10 times. When a player reaches a cushion they hop 10 times. When a player reaches a toy they jog on the spot and count up to 10.
- Can you think of your own movement ideas? Can you move at different levels?



Can you keep trying even if you feel tired?

### Top Tips

#### Breathing

Make sure that you breathe in through your nose and out through your mouth when performing the activities.

### Let's Reflect

Why did you move around the way you did?

Which way was the most challenging way of moving and why?