



# SPRING TERM HOME PE

## Year 4

### Postman Feet

*body control and management skills*

**Equipment:** 3 pairs of socks and a bowl or target to aim for.

### How to play:

Lay down on the floor and place the bowl (target) just above the head (about 20 cm away) and the socks by your feet.

Start by using your feet to lift a pair of socks and, rolling on your back, place them into the bowl which is above your head.

Time how long it takes you to get all three pairs of socks into the bowl.

Any socks that miss can be replaced at the starting position (by your feet).

**Skill Tip:** Place your arms out to the side on the floor as you are lifting the socks over your head, to create a wide base. They help you to balance and become more accurate.

What is your quickest time to lift and drop all of the socks into the target today? Try again another day and see if you can get better over the week.

### Challenges:

1. Where can you position the socks and the bowl (target) so that you are lifting your legs across your body?
2. Can you move the target area further away from your head, so that you will need to aim and throw the socks into the target?

### STEP

**S**pace – Make the target area bigger or smaller. Change the level of the target, have it on a table or a chair. Move the target further away.

**T**ask – Use different parts of your feet (For example: use only your heels).

**E**quipment – Change the socks for different sized objects. Use a range of soft toys, a balloon or a towel (which you need to fold in mid-air using your feet, to fit into the target). But make sure these are soft and safe in case you drop them.

**P**eople – Play against a friend.

**Video** [www.youtube.com/watch?v=8VILMKT\\_Iek](https://www.youtube.com/watch?v=8VILMKT_Iek)



# SPRING TERM HOME PE

## Year 4

### Tic-Tac-Toe

*communication and various movement skills*

**Equipment:** 6 pairs of socks (or jumpers or towels) for the counters, 2 objects for the starting positions (plastic cups or a pair of shoes etc...) and 4 straight-lined objects (these could be brooms/umbrellas or made by rolling a towel/sheet to create a 3 x 3 grid).

### How to play:

Place two starting markers (plastic cups or shoes) a short distance from the 3 x 3 grid.

Divide players into two teams. Teams are aiming to be the first to complete 3 in a row (this can be horizontally, vertically or diagonally)

On the starting sound, the first player from each team races to place a counter (pair of socks, a towel or a jumper) into one of the 9 squares in the grid. Once the counter has been placed in a grid, the player should return to their starting position and tag the next player in their team. Player 2 races to the grid and places a second counter in an unoccupied square (note there can not ever be two counters in the same square). Repeat until all three counters for the team have been placed. If neither team has managed to win (by achieving three in a row) then one counter at a time may be moved to an empty square on the grid.

Skill Tip: Before placing your counter, think about blocking your opponent. If they achieve three in a row first, they win.

Is the middle square the most valuable place on the grid?

### Challenges:

1. Play the game again, but this time add in a new rule about how you can move towards the grid from the starting position – does it have to be running? What about crawling, rolling, walking like a crab etc...
2. Before placing each counter, introduce a small exercise (like 5 star jumps or 3 sit ups or finding a particular word in the dictionary (You could write words on a series of cards for players to select in advance).

### STEP

**S**pace – Make the starting position closer or further away from the grid.

**T**ask – Extend the grid to make it a 4 x 4 grid and increase each team's number of counters to four.

**E**quipment – Add in activity cards, which must be completed before a counter can be placed.

**P**eople – Play against family members and friends. Create a mini league of scores.

**Video** <https://www.youtube.com/watch?v=IRDp5HcZyVA>



# SPRING TERM HOME PE

## Year 4

### F1 Supermarket Sack Race

*Agility skills*

**Equipment:** 2 Supermarket Bags (the stronger 'Bags for Life' ones) and plastic cups for markers.

#### How to play:

Place the plastic cups (markers) in two lines, each cup roughly 1m apart.

Both players start with their feet inside the supermarket bags, holding the handles to create a sack-type resource behind the first marker in their line.

Race against each other, making small hopping movements with the bag. Move in and out of the markers to an agreed finishing point – this could be a return to the start line.

**Skill Tip:** Keeping the hops small and low to the ground will help you balance and decrease the risk of falling over. Co-ordinate the hop with a gentle pull upwards with both handles.

Now play again with the winner starting two steps further back and if successful, increase the number of steps back.

Who is the fastest supermarket sack racer? Try again using a different type of supermarket 'bag for life' bag – does a different shape/style make any difference to the results?

#### Challenges:

1. Play the game again but this time decrease the gaps between the markers, making it trickier to slalom through.
2. Play in teams using the same bag for each team – the introduction of a 'pitstop' changeover may have surprising results.
3. Add in an object which needs to be delivered or thrown into a target midway through the course; the object/s can be carried in the bag.
4. Make up your own course around the room/house/garden.

#### STEP

**S**pace – Make the gaps between the markers bigger or smaller. Change the total distance of the course.

**T**ask – Add in some items to be delivered throughout the course for additional points.

**E**quipment – Use different types of supermarket bags (longer handles, smaller size bags etc...) – does this affect your speed and agility?

**P**eople – Play against family members; time yourselves over the same course and create a league of results – add in time penalties.

**Video** [www.youtube.com/watch?v=8VILMKT IEk](http://www.youtube.com/watch?v=8VILMKT IEk)



# SPRING TERM HOME PE

## Year 4

### Crawl to Success

*Speed and agility skills*

**Equipment:** Multiple pairs of socks (small balls or cuddly toys), some plastic cups (markers) and a bowl or target to place objects into.

### How to play:

Place several pairs of socks (cuddly toys or small balls) behind the starting line. Set down a line of cups on the floor down the centre of the room. At the opposite end to your starting point, place the empty (target)bowl.

Start on your hands and knees. Take two pairs of socks from the pile (one for each hand) and crawl towards the target bowl. Make sure that your hands and knees remain either side of the line of cups. Every time you deposit the socks into the bowl, return to the start to get more socks.

**Skill Tip:** Be careful when turning to avoid knocking over the cups. Ensure that your rest between attempts as this activity can be sore on your knees.

What is your best score (time) today? Try again another day and see if you can get better over the week.

### Challenges:

1. Play the game again, but this time can you try to keep your knees off of the floor?
2. Try balancing an extra pair of socks on the back of your neck and then dropping them in the bowl (target) without using your hands.
3. Make up your own penalty exercises for every time you miss dropping the socks (objects) into the bowl. For example: if you miss, do 5 star jumps or 5 sit ups etc...

### STEP

**S**pace – Make the course longer or shorter. Change the course pattern – maybe add in a diagonal line to encourage sideways movement.

**T**ask – Avoid using your knees, use only one hand, with the other hand resting on your back. Balance additional socks on your neck or back.

**E**quipment – Use larger and smaller objects to carry to the target area.

**P**eople – Play against family members; time yourselves over the same course and create a league of results – add in time penalties.

**Video** [www.youtube.com/watch?v=8VILMKT\\_Iek](http://www.youtube.com/watch?v=8VILMKT_Iek)



# SPRING TERM HOME PE

## Year 4

### Cross the River

*balance and agility*

*skills*

**Equipment:** 3 jumpers or place mats or cushion covers (flat markers)

### How to play:

Choose a starting and finishing point in the room.

Using the flat markers (jumpers or place mats or cushion covers) try to make your way across the room to the finishing point without touching the floor.

**Skill Tip:** Think about where you place the flat markers, if they are too close then it will take a long time to get to the end but if they are too far apart it is very hard to step on. You might need to keep your arms wide to help you balance.

Now play again by changing the finishing position, increase the difficulty by moving between rooms or changing the levels (moving up the stairs or safely across the sofa).

Can you work with a partner and carry an object 'across the river'?

### Challenges:

1. Try using only two flat markers (jumpers, place mats or cushion covers) to make the game more difficult.
2. Make up your own course with obstacles along the way (think about going over, under, through and around different obstacles (a chair, a vacuum cleaner or duvet covers)
3. Teach someone else your game.

### STEP

**S**pace – Make the course longer or shorter. Change the level of the course or finishing point, move up or down stairs.

**T**ask – Try using only one hand when 'crossing the river'. Hop between the flat markers using the same leg.

**E**quipment – Use smaller sized flat markers (fold the cushion covers in half) to make the activity more difficult. Try and carry objects (soft toys) and deposit them into targets (bowls) along the course.

**P**eople – Play against or with a friend.

**Video** <https://www.youtube.com/watch?v=cycQCK8w1-o> (activity number 4)



# SPRING TERM HOME PE

## Year 4

### Drop the Socks

*catching, agility and reaction skills*

**Equipment:** A pairs of socks and a playing partner.

#### How to play:

Stand facing your partner, about a metre apart. One player (dropper) starts with the ball of socks in one hand and stretches out their arm about the head height of the other player (catcher).

The catcher focuses their attention on the dropper's waist (do not look at the socks in the hand). The dropper releases the pair of socks and the catcher tries to catch the socks before they hit the ground.

Once the catcher has successfully caught three 'drops' in a row, the dropper lowers their arm to the shoulder height of the catcher. Repeat before finally lowering the arm to chest height.

Once successful, try catching with only one hand.

**Skill Tip:** To improve the chances of making successful grabs, the catcher should stand with their legs apart to create a wide and stable base, bending the knees slightly to allow quick and flexible movements.

Can you make nine catches in a row? Try again another day and see if you can get better over the week.

#### Challenges:

1. Play the game again, but this time vary the weight of the socks (hiding a weight or something heavy inside the socks may make it harder to catch). Be careful to not damage the floor, place a cushion down.
2. Close one eye and see if this affects the success rate of catches.
3. Try using two pairs of socks (one pair in each hand of the dropper). Drop one pair or both pairs simultaneously or both pairs at the same time.

#### STEP

**S**pace – Make the target (the socks) bigger or smaller. Change the height of the drop with both players starting on their knees.

**T**ask – Try using only your non-dominant hand to catch with.

**E**quipment – Add weights inside the socks to alter the speed at which they drop. Disguise which pair is heavier by using the same colour socks so that the catcher does not know which pair should drop quicker.

**P**eople – Play with or against family members; create a league of results – add in 'fun' penalties for any drop catch.

**Video** <https://www.youtube.com/watch?v=9qVZNbRxcw0>



# SPRING TERM HOME PE

## Year 4

### Trash Bin Sock Throw

*fitness, stamina and throwing*

*skills*

**Equipment:** 2 pairs of socks and a bin or target to hit

### How to play:

Play against a partner or on your own. Using a pair of socks (or small round object) the aim is to complete a series of mini exercises before throwing the object (socks) into the trash bin (target).

Begin about 1 metre from the target bin. Start with 10 standing squats (bending the knees, keeping the back straight and swing your arms from back to front). Once the 10 exercises are complete, throw the object into the bin. If you miss, collect the socks and repeat (from the same distance) until successful.

Once a goal has been scored, retrieve the socks from the bin and stand further back (2 metres) and repeat. The goal is to be the first player to make 3 shots.

Once successful, throwing catching with the other hand.

**Skill Tip:** To improve the chances of making successful goals, steady yourself immediately after the exercises and focus your aim before throwing. Create a wide and stable base, bending the knees slightly to allow quick and flexible movements.

How quickly can you score 3 goals? Try again another day and see if you can get better over the week.

### Challenges:

1. Play the game again, but this time change the target size (smaller trash bin or bowl) to make it harder to score a goal.
2. Increase the number and type of exercises in between each attempt.
3. Try throwing the socks backwards or over the head (without looking) to add further difficulty.
4. Could you try throwing two (or more) pairs of socks at the same time?

### STEP

**S**pace – Make the target (the trash bin) bigger or smaller. Change the distance of the throw, stand closer or further away.

**T**ask – Try using only your non-dominant hand to throw with. Increase the number of exercises between each successful attempt.

**E**quipment – Make the throwing object and / or the target object larger or smaller.

**P**eople – Play with or against family members; add in 'fun' penalties (greater number of exercises or increase the throwing distance) to keep game even.

**Video** <https://www.youtube.com/watch?v=BGWKdT60IHc>



# SPRING TERM HOME PE

## Year 4

### Scavenger Hunt

*agility and communication*

*skills*

**Equipment:** paper or card (cut into card size pieces).

### How to play:

On the cards write down a series of statements (one per card) such as the following:

<b>Something cold</b>	<b>Something hot</b>	<b>A pair of something</b>
<b>An item made of metal</b>	<b>An item made of plastic</b>	<b>Something straight</b>
<b>Something curved</b>	<b>Something with the Queen's head on</b>	<b>Something with a date on</b>
<b>Something which has numbers on it</b>	<b>Something with an animal on it</b>	<b>An item which has a wheel</b>

Start by mixing up the cards and placing them face down. Player 1 takes a card and finds an object in the house that matches the card (For example: Something cold – might be a bottle of sauce from the fridge). Player 2 then takes a card and repeats until all the cards have been drawn.

Skill Tip: So you don't upset people at home, remember to return the objects exactly where they were found at the end of each game.

What was your strangest object today? Try asking other people in the house to think of some statements for more cards and see if you can add more cards over the week.

### Challenges:

1. Play the game again, but this time turn over one card and you and your partner race against each other to find an object that matches the card. First one to return 'home' with the object that matches the card wins a point.
2. Use the letters of the alphabet to determine which objects to find. Choose a letter from the alphabet and find 5 objects which begin with that chosen letter.
3. Add in a new rule that you can not take consecutive objects from the same room. (For example, if you take an object from the kitchen, then next object can not be taken from the kitchen; it must be scavenged from a different room.

### STEP

**S**pace – make the number of cards bigger or smaller. Limit the scavenger hunt to certain areas (i.e. find objects from downstairs only)

**T**ask – Add in a timer to increase the level of competition.

**E**quipment – For each card, find two (or more) items. Only find items that can fit inside of a cup.

**P**eople – Play against or with a family member / friend.





# SPRING TERM HOME PE

## Year 4

### Loggers

*agility and communication*

*skills*

**Equipment:** Game for 2 players; 2 pool noodles or 2 sheets / towels rolled up into a sausage shape; a large cuddly toy or ball; and a bin or target to aim for.

### How to play:

Using your pool noodles or large sheets rolled into sausage shapes, you hold one end in each hand and your partner stands opposite (facing you) and does the same. Working together the aim of the game is to lift the large object off the floor, transport it across the room before trying to 'drop' it into the target area (bin) at the other end of the room.

Every time you are successful, return to the starting point and try with a different object. Try and pick up any that fall out along the way.

**Skill Tip:** Work together as a team. Communicate with your partner what you are trying to do and listen to their ideas. Try walking sideways like a crab when you have the object raised from the floor. If you are finding the task to tricky, then hold the pool noodles (rolled sheets/towels) closer to the middle.

What was the trickiest object that you lifted today? Why was it so difficult? Try again another day and see if you can get better over the week.

### Challenges:

1. Play the game again, but this time can you race against the clock? How many objects can you successfully deliver in 30 seconds?
2. One of you turn around and face away from your partner (with your hands now behind your back) can you still pick up and drop the object into the target area?
3. Thread a coat hanger through one of the pool noodles (rolled sheet / towel) and use the hook to lift the objects.
4. Place the starting objects in different places and /or on different levels (i.e. on a chair, on a table, under a table...).

#### STEP

**S**pace – Make the target area bigger or smaller. Change the level of the target, have it on a table or a chair.

**T**ask – Use longer or shorter rolled sheets. Vary the size of the objects you are trying to carry.

**E**quipment – Add straight and sturdy objects inside the rolled sheets to make them more stable. (For example: you could use broom handles, a garden cane or an umbrella)

**P**eople – Play with or against different family members.

**Video** <https://www.youtube.com/watch?v=qCQ7BcTG4yQ> (from 3.29)



# SPRING TERM HOME PE

## Year 4

### Feet and Ball Balancing

*agility, balance and gross motor skills*

**Equipment:** 5 pairs of socks (or small balls) and 5 plastic bowls (or cups or cones).

#### How to play:

Place your 5 plastic bowls (or cups or cones) in a straight line on the floor about 50cm apart. Place a pair of socks or small ball on the floor in front of each bowl (cup or cone).

Start by sitting on your bottom with both hands on the floor to help you balance. Using your feet, grab the socks (or small ball) and try to place it on or in the bowl (cup or cone). Every time you get a sock in the bowl, shuffle along on your bottom to the next one.

Pick up any that miss and try again.

Skill Tip: When lifting your legs, keep your hands nice and wide to help you balance.

Now play again by placing the socks further away from the bowls (plastic cups or cones).

How quickly can you lift and place all 5 pairs of socks (small balls) onto the targets?  
Try again another day and see if you can get better over the week.

#### Challenges:

1. Play the game again, but this time can you race against a partner. Who is the quickest at placing all 5 socks in the target bowls?
2. As you sit facing the target bowls, place the socks behind. You now need to spin on your bottom, lift the socks before transporting them into the target bowls.
3. Use different sized objects or wear different types of footwear (For example: would wearing a pair of wellington boots make it easier or harder?)

#### STEP

**S**pace – Make the targets bigger or smaller. Change the level of the targets, have them on cushions or chairs.

**T**ask – Once the socks or small balls have been lifted try balancing it on one foot before dropping it into the bowl.

**E**quipment – Sitting further away, once you've lifted the socks, try and throw them into the target.

**P**eople – Play against a friend. Have a goalkeeper trying to stop the socks going into the bowls.

**Video** <https://www.youtube.com/watch?v=TYHzMEKhmY0>