

# 6 Activities to keep you active

Get out into the garden, tidy the leaves, make a mud pie!



Type in Body Coach to YouTube



Type in Cosmic Yoga to Youtube

Go for a local walk with an adult and explore!



**Traffic lights**  Get 50s 4PE.

**What you need:** an adult to call the instructions.

**How to play:**

- Children imagine they are getting in their car, putting their seatbelt on and holding their steering wheel.
- They complete the instructions said by the adult e.g.
  - Green light: jog around
  - Red light: stop
  - Yellow light: sit down
  - Roundabout: spin in a circle
  - Speed bumps: jump up and down
  - Zebra crossing: lie in a straight shape
  - Reverse: walk backwards



Have a go at making up your own. You could even include different gears for different speeds.

**Socks in pots!**  Get 50s 4PE.

**What you need:** 3 pairs of socks and 3 or more pots or pans.



**How to play:**

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.

Play with more people by seeing who can score the most points. The first person to ten points is the winner.



**PE & SPORT**