

Physical Activity

P.E Activities LKS2

Indoor activity



Hand Table Tennis

Equipment: table, any small bouncy ball.

Arrange a table so there is enough space to move around it. Play in pairs, facing each other at opposite sides of the table. One player starts by bouncing the ball to their partner. The partner tries to rally the ball back and forth, keeping the ball on the table. Points are scored when one partner fails to return the ball across the table. Play the game to 11 points to see who wins.

Indoor activity



Defend The Castle

Equipment: plastic cups, shoes, pillows etc, soft balls (or use rolled up socks).

Play in teams (1v1 or 2v2 etc). Give half of the items to each team and build a 'castle' by stacking them as they wish. Each team stays in their playing area. Players roll/throw/kick the ball (or sock balls) to knock down their opponents Castle. Play for 3-5 minutes. At the end of each game, the team with the most intact Castle wins a point. After several rounds, the team with the most points wins the game.

Outdoor activity



Capture The Tags

Equipment: Tags e.g tea towels, ties, socks.

Give each player 2 tags. They must be tucked into the waistband, one at each side of the legs. Players move around, attempting to steal Tags from the other players. When a player steals a Tag, they tuck it into their waist. Play the game for 2-4 minutes. Continue playing the game, attempting to steal Tags from each other. The player who has the most Tags at the end of the game is the winner.

Outdoor activity



Garden Games : Target Throw

Equipment: 4 'sock balls' (rolled up socks) & 4 items to be used as targets e.g buckets, baskets, clothes etc.

Mark the point where you will throw from. Place 4 targets in a line, 1 metre apart. Take turns to throw the 4 sock balls, one at a time, into the targets. Each player will have one turn (4 throws).

How to score: 1 metre target = 1 point
2 metre target = 2 points
3 metre target = 3 points
4 metre target = 4 points

Challenge: Place the targets more than 1 metre apart!