



## EYFS Perky PE Activities

### Beat the clock!

How fast can you get changed? Can you beat 5 minutes? For this task you need to change out of your pyjamas or clothes and put on: socks, bottoms (your choice e.g. trousers/leggings/tracksuit/joggers etc), t-shirt, long sleeved top of some sort and a pair of trainers. Race against a family member to go faster! Bonus points if you can run and get a drink of water and get your coat on before the time runs out!



### Throwing

Find 10 small soft objects that you can throw – these can be screwed up balls of paper or rolled up socks! Find something to use as a target – a bucket, bowl or a sheet of paper will do!



### Jumping

Find a small space ideally with a soft landing. How many different ways can you find to jump?



### Bouncing

How many times can you bounce the ball and catch it in 1 minute?



### Creativity

Can you find a space outside and create your own PE game?

