



LKS2 Perky PE Activities

Mountain Climber

How many Mountain Climber exercises can you do in 30 seconds? Watch the clip to see how to do this and then see how many "reps" you can do in 30 seconds. One "rep" is both feet going back and forth. Challenge a family member and try to beat them!

<https://www.youtube.com/watch?v=LXSjjn6aDil>



Shuttle runs

How many 5m shuttle runs can you complete in 30 seconds? Set out two markers 5m apart and time yourself running between them for 30 seconds. How fast can you move? Challenge a family member to run against and try to beat them!



PE Word search

Can you find the PE words in the word search?

Z	C	R	P	D	P	Y	O	S	T	F	U	N	M	O
U	A	M	O	V	I	N	G	L	H	Z	O	M	Q	B
N	P	A	Q	N	G	O	L	E	A	R	N	I	N	G
F	W	K	O	D	A	C	T	I	V	I	T	I	E	S
I	N	G	E	S	M	L	E	W	I	B	O	T	T	P
T	E	A	M	C	E	I	H	O	C	K	E	Y	E	O
N	T	S	W	H	A	Q	N	G	E	I	M	P	S	R
E	O	F	O	O	T	B	A	L	L	P	L	A	Y	T
S	I	X	M	O	L	K	S	C	A	H	O	S	O	C
S	N	C	U	L	S	J	S	B	Y	V	T	S	X	M

Learning	Team	Football	Game
Activities	Fun	School	Play
Fitness	Pass	Moving	Hockey
Sport			



Juggling

Using three soft similar size objects. Start with two and practice until you can introduce a third. Challenge: Use another person and juggle as a pair.



Balancing

Using something sensible from around the house, try and balance it on all parts of your body!

