



UKS2 Perky PE Activities

Fitness Challenge

Day 1 – 5 Press ups / 10 start jumps / 5 sit ups
Day 2 – 8 Press ups / 10 star jumps / 8 sit ups
Day 3 – 8 Press ups / 15 star jumps / 8 sit ups
Day 4 – 10 Press ups / 15 start jumps / 10 sit ups



Keepy uppy Challenge

How many keepy uppies can you do? Extra challenge can you do it without a football?



Reaction game

Place a small object (spoon) in the middle of two markers (cushions) that are an even distance apart. Parent / guardian calls out commands for children to touch a body part. Multiple body parts are said before the command SPOON. When spoon is shouted both people playing the game will try and grab the spoon. Fastest wins.



Trivia game

Using posted notes write a sports person on it and stick it somewhere that the other person won't see. You must now act out what sport that person does as well as other clues but you are not allowed to talk!



Creativity!

Can you create your own workout, can you use objects from around your house to create your own workout?

