

## PE Lesson – Summer 2 – Wk1 – Right Way Wrong Way

Equipment	Warm Up –	Lesson
<p>Ideally done in the garden or an outdoor space</p> <p>Cones / Multiple markers (Could be anything as long as they can be turned upside down)</p> <p>Timer</p>	<p><b>Raise heartrate</b>            5 x Star Jumps            10 x High Knees            10 x Heel Flicks            30 seconds – Jog on the spot.</p> <p><b>Stretches</b>            Hold for 8 seconds.</p>	<p><b>Set Up</b>            Use your multiple markers and place them randomly in a space.</p> <p><b>Challenge One</b>            As quickly as you can turn all of the objects the wrong way around.</p> <p><b>Challenge Two</b>            Using one leg (you can alternate legs), as quickly as you can turn the objects the right way around.  <b>Learning Point:</b> Why is it harder on one leg?</p> <p><b>Challenge Three</b>            Using two arms and one leg (elephant position), as quickly as you can turn the objects back the wrong way around.  <b>Learning Point:</b> How does the challenge change being on all fours? Is it harder or easier?</p> <p><b>Challenge Four</b>            Choose a balance to start and travel to the objects in that balance. Once you have changed over an object choose a new balance.  <b>Learning Point:</b> How does balancing your body effect speed?</p> <p><b>Challenge Five</b>            Challenge a sibling or parent / guardian.            One changes the objects the right way and the other changes the objects the wrong way. Over a 1 / 2 minute period, who can get the most objects in the right place. Winner has more objects facing their way than the other.  <b>Learning Point:</b>            How does changing it into a competitive challenge change your approach?</p> <p><b>See videos for help and please send your attempts to your teachers!</b></p>