BALANCE PATH

ON MY OWN

Follow a floor line or cone path.
Pause and balance at each marker.



Choose your route and balance time.

TRAVEL & FREEZE

ON MY OWN

Travel through clear space.
Freeze in a steady shape,
then change direction.



Walk, wheel or gently jog.

PASS & MOVE

WITH A PARTNER

Pass or roll to your partner.
Move into space and show
you are ready.



Choose your ball and distance.

MIRROR MOVES

WITH A PARTNER

Lead slow movements for your partner to mirror. Swap roles.

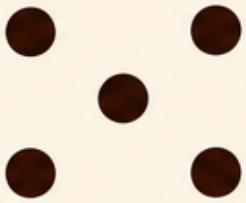


Choose movements you can both do.

SWITCH

WITH OTHERS · 5 PLAYERS

On “Switch!”, move to a different corner. The player without a corner takes the middle.



No pushing. Keep space between spots.

WALL THROW & CATCH

ON MY OWN

Throw a soft ball at a clear wall and catch the rebound. Try underarm and overarm throws.



Choose your distance. Keep your lane clear.

OUR WARM-UP

CHOOSE WITH PURPOSE

Choose an activity.
Explain your choice.
Adapt for everyone.



Start gently. Use the agreed space.

PYP-PE.com

BALL EXPLORER

ON MY OWN

Roll a ball between your hands, around your body or along the floor. Try a new pattern.



Choose your ball. Keep control.

PYP-PE.com

FOLLOW MY PATH

WITH A PARTNER

Lead a short route around markers. Your partner follows with a safe gap. Swap leaders.



Walk, wheel or side step.

PYP-PE.com

GATE EXPLORERS

WITH OTHERS

Travel through wide cone gates. Find clear space and choose a new route.



Share the space. Change the gate width.

PYP-PE.com

ULTIMATE TAG

WITH OTHERS • 5 PLAYERS

Everyone tags! Tagged? Sit and remember who tagged you. Rejoin when they are tagged, or win rock, paper, scissors against another seated player.



Tag gently. Watch for seated players.

PYP-PE.com

5's CHALLENGES

ON MY OWN

Complete a tennis-ball challenge five times, then change. Throw, clap twice and catch. Or throw with one hand and catch with the other.



Invent a challenge. Adapt the ball or add a bounce.

PYP-PE.com