**PE Lesson**

**What you will need**

-4 cones or something to act as a cone

PE kit

- Army jacket or something you can use to dress up as if you are in the army

- Pairs boots, welly boots or trainers.

- Trousers, school trousers or joggers

- Shirt or green t shirt

- A beret or helmet or hat

- A rucksack

- A whistle

- A clipboard

- Some paper

* Children need to be in PE kit to start
* 10 minutes - Start by Marching. (Attention, at-ease, march and halt… possibly right turn/left turn).
* 10 minute Warm-up. Set up 4 cones. Explain activity:

Running, walking, jogging, hopping etc,. (listen to the command). DO NOT OVERTAKE THE PERSON IN FRONT OF YOU; IT’S NOT A RACE!

When I shout 1: put your left hand to the ground, jump up as quick as possible and continue running

When I shout 2: put your right hand to the ground then jump up and continue running

When I shout 3: Put both hands on the ground then jump up and change directions

Could add extra directions: ie; 4 is 4 push-ups

* 10 minute activity - Split into 2 teams: 1 cone at start and 1 at end. The person at the back has to crawl through everyone’s legs up to the front. When he gets there the next person goes: repeat until the first team to get to the second cone all sit= they win.**\*\*IF uneven, 1 person will crawl twice**
1. Minute activity - Clothes Relay. Brothers and sisters or adults can also take part!!
* 2x Soldiers outfit are laid out neatly on the ground at the first 2 cones.
* 2 teams, split into 4.
* ½ of each team stands at the first cone ready to put on 1 piece of kit each (ie; boots x2, trousers, shirt, jacket, beret, rucsac). They **MUST stay as a team**; if they finish first they can help their team members get their stuff on**. Laces** on boots must be done up.
* Once everyone has at least one (or more) bits of kit on they must run to the far cone as a team and swap their bit of kit with the other ½ of their team at the other end. Same rules apply.
* Once that team has all their kit on they will run back to the first cone and lay the kit out **NEATLY, EXACTLY AS IT WAS AT THE START.**
* **\*\*IF uneven, the extra person will swap with a teammate at the other end and run back as well.**