



Wacky Races

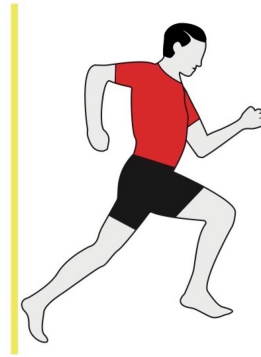
PE Home Learning



Can you play fairly when racing someone else?

Time to Learn:


- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet? Can you move backwards?
- What was the quickest way of moving and what was the slowest way of moving?
- Can you race against a partner using the different ways of moving?



On your own, time yourself moving in different ways. What is your quickest way of moving?



Create your own 'Wacky Race' ideas. What different ways of moving can you come up with?



Have a 'Wacky Race' against different family members. Who is the quickest in your family?

Top Tips

Crawling

- Make sure your hands, feet are touching the floor, spread your hands wide, keep your head and bottom down.



Let's Reflect

Which way of moving was the easiest and which was the hardest? Explain why.

How did it make you feel if you did not win a race?