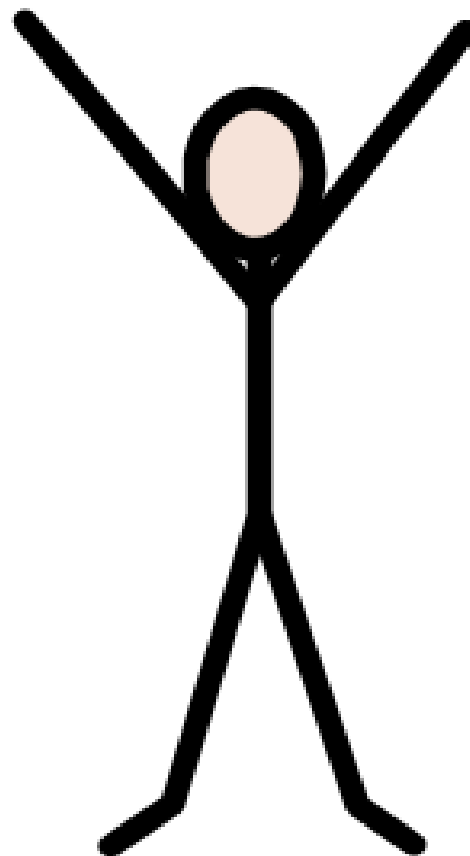


This is the sequence that I teach PE Children to follow the actions on each slide. Completing each slide. I usually encourage the children to do each slide for 25 seconds before change action. As soon as the music or alarm goes off children put their hands on their heads.

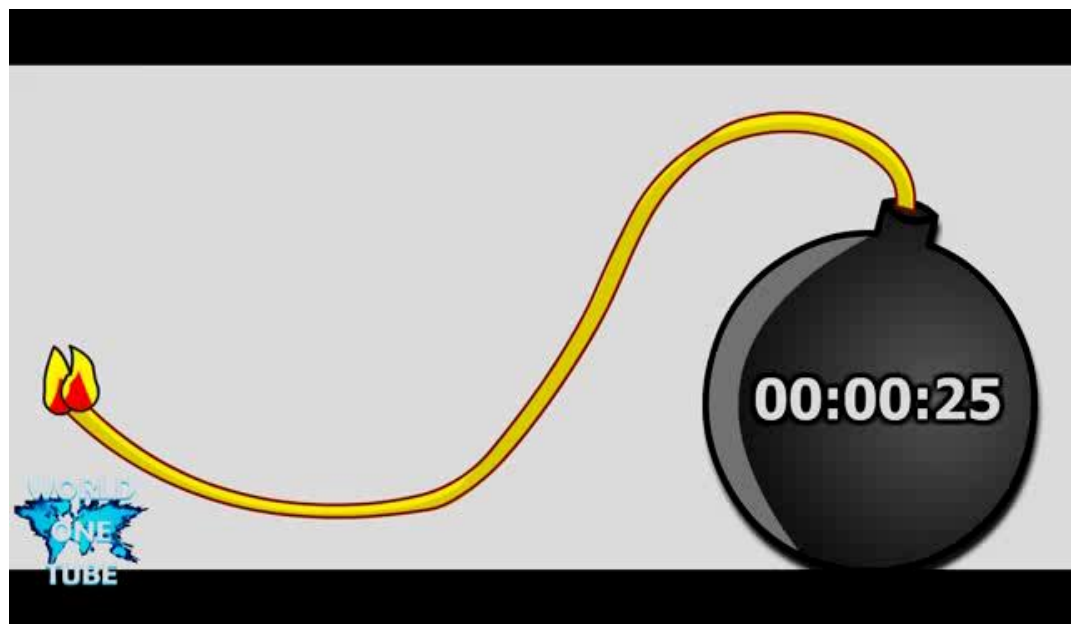
You can add more elements in such as this time can you walk forwards, backwards, going and then stopping.



warm up

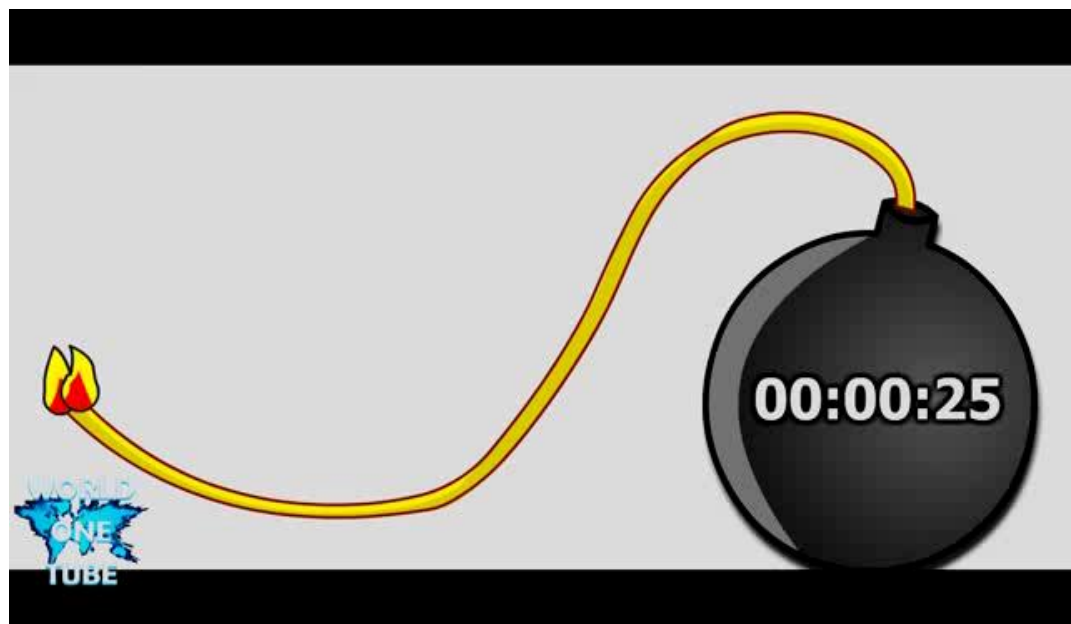


walk





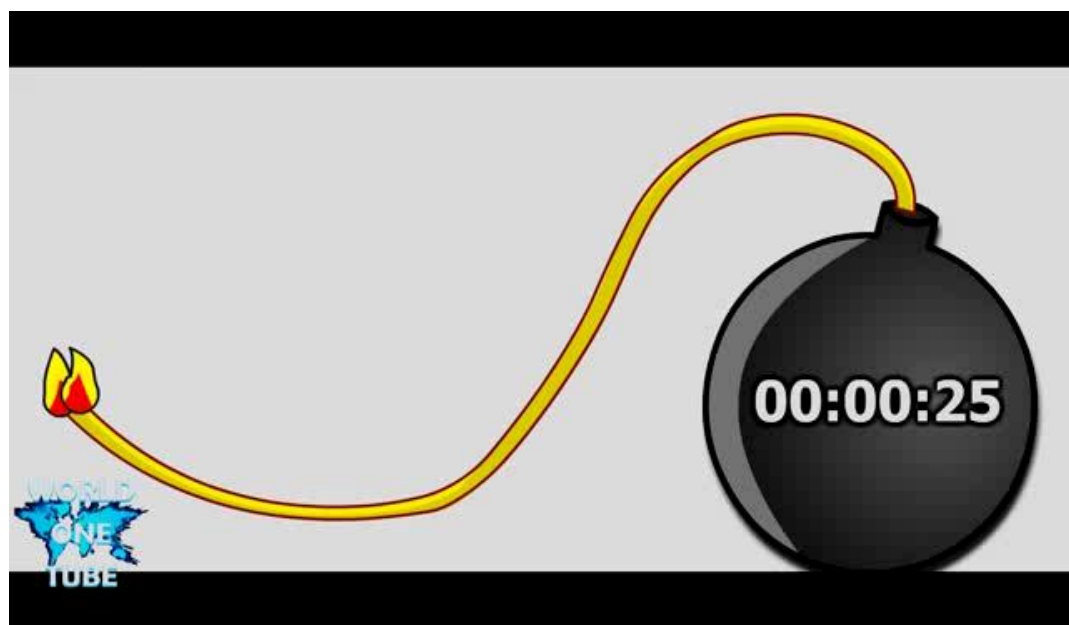
run

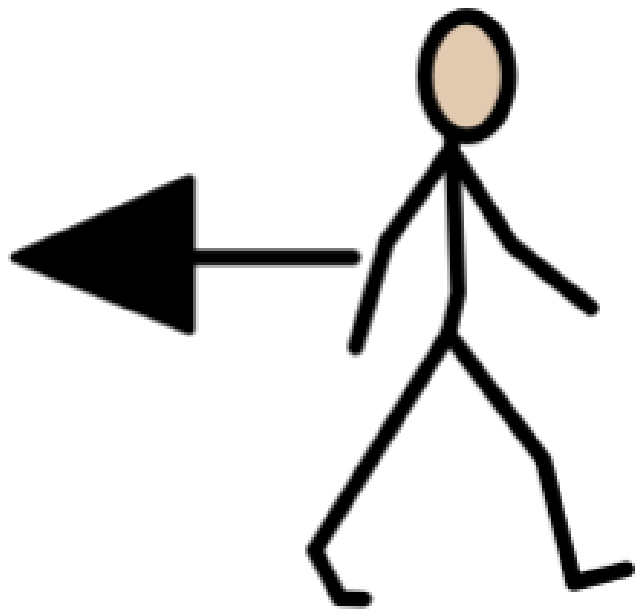


WORLD
ONE
TUBE

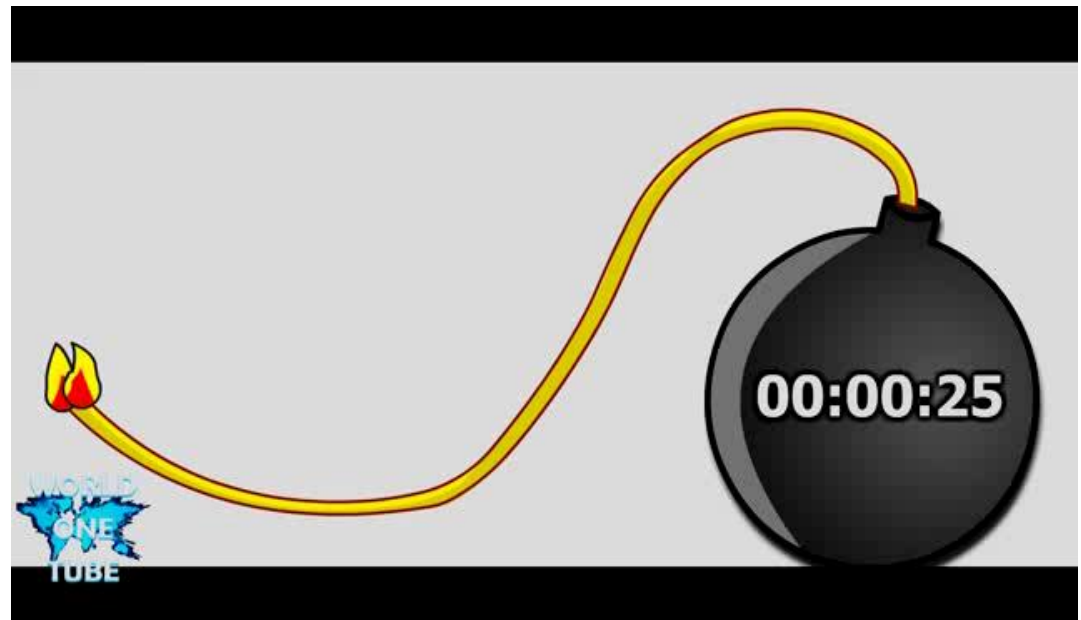


skip





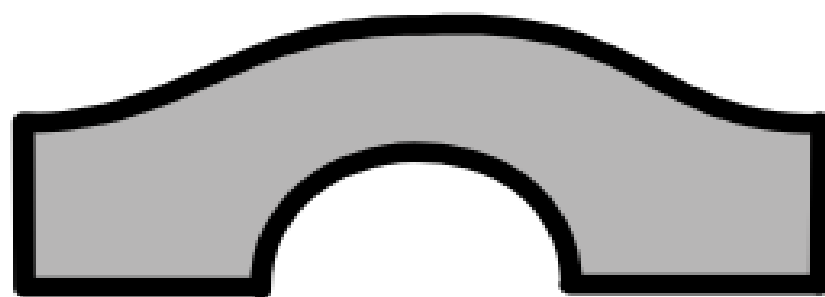
backwards



WORLD
ONE
TUBE



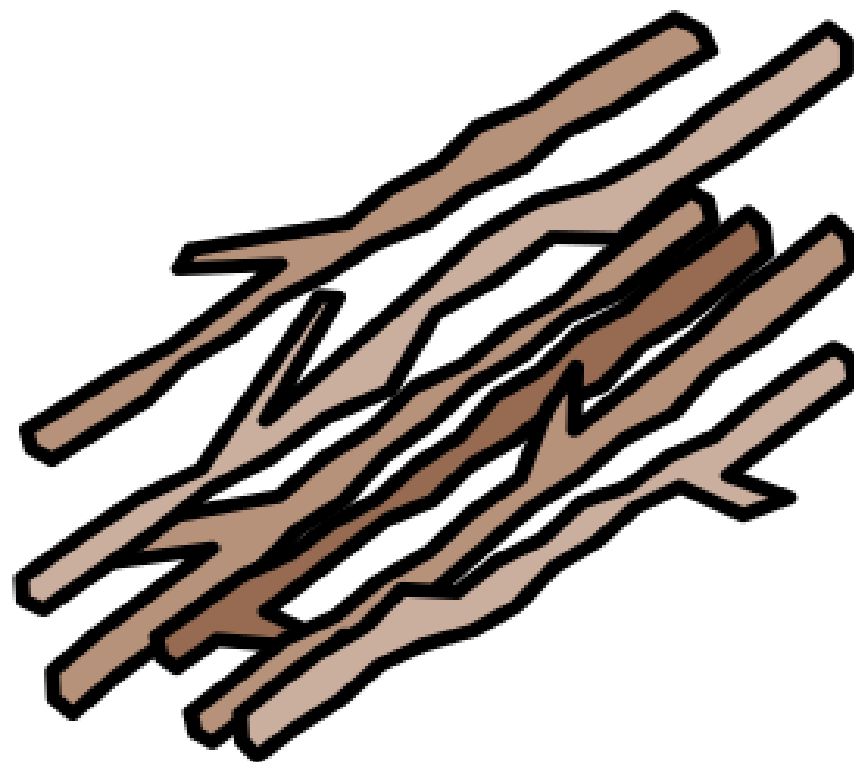
PE



bridge



tree



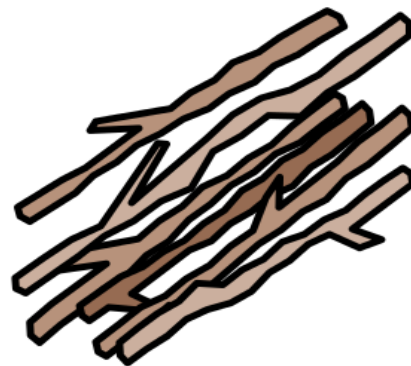
sticks



bench



tree



sticks



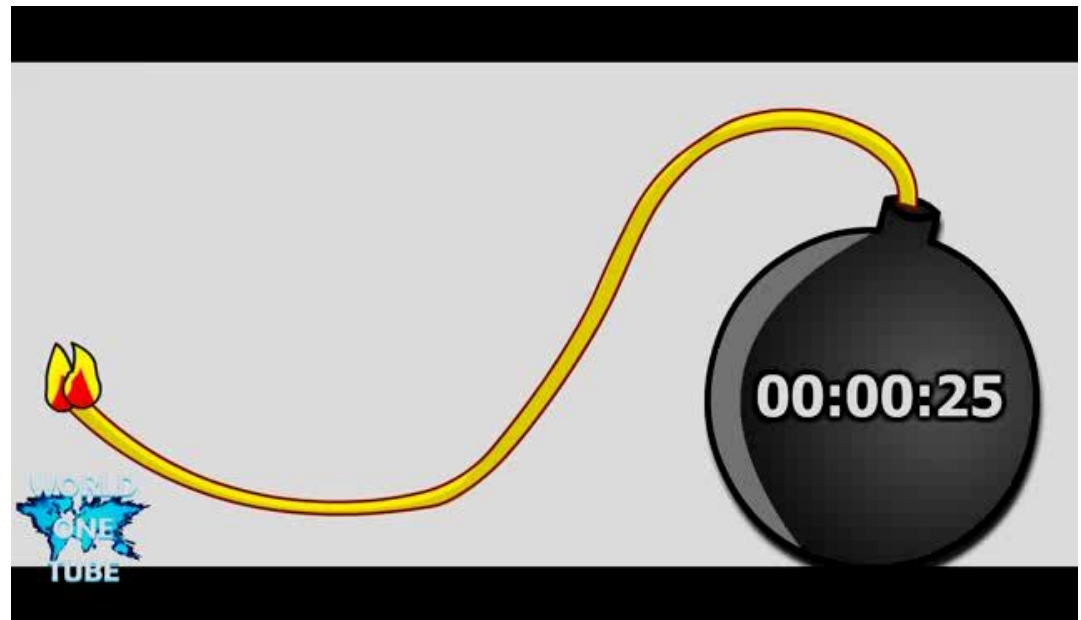
bridge



bench

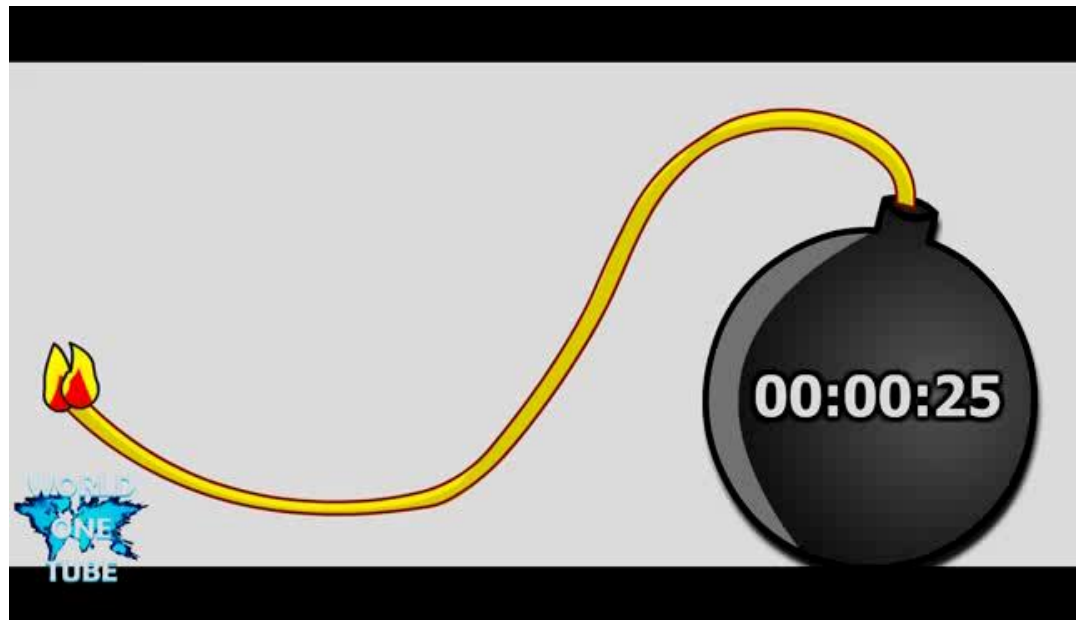


cool down

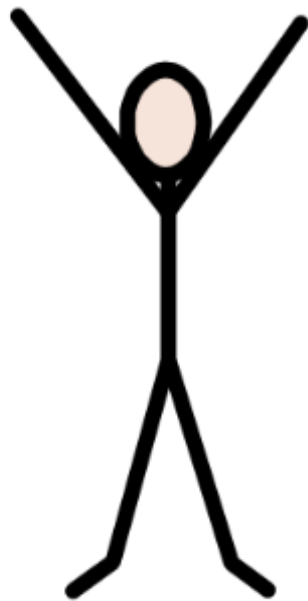




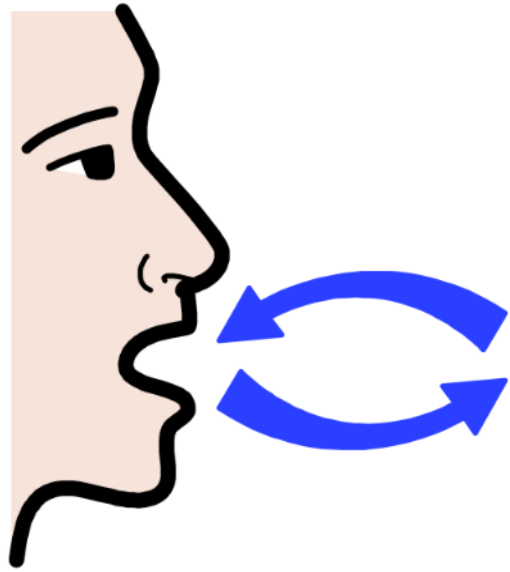
freeze



WORLD
ONE
TUBE



stretch



breathe

10

Children to lie
on floor and
take 10 deep
breaths