



Socially Distanced P.E!



Idea 8: Rock, Paper, Scissors - Work



Suggestions for forfeits:

- Run to the fence and back
- 10 heels to bottom
- 10 bicep curls
- Touch your toes 10 times
- 10 bunny jumps
- 5 sit-ups
- 10 windmill arms
- 5 burpees
- Hop around in a big circle
- 5 jumping jacks
- 10 seconds running on the spot
- 10-second crab walk

Staying 2m apart. The children play Rock, Paper Scissors against a partner. Whoever wins gets to pick a physically active forfeit for the loser!