

Yr 5/6 Rainbow Challenge

Can you complete the rainbow?



3 minute challenge

10-1 workout

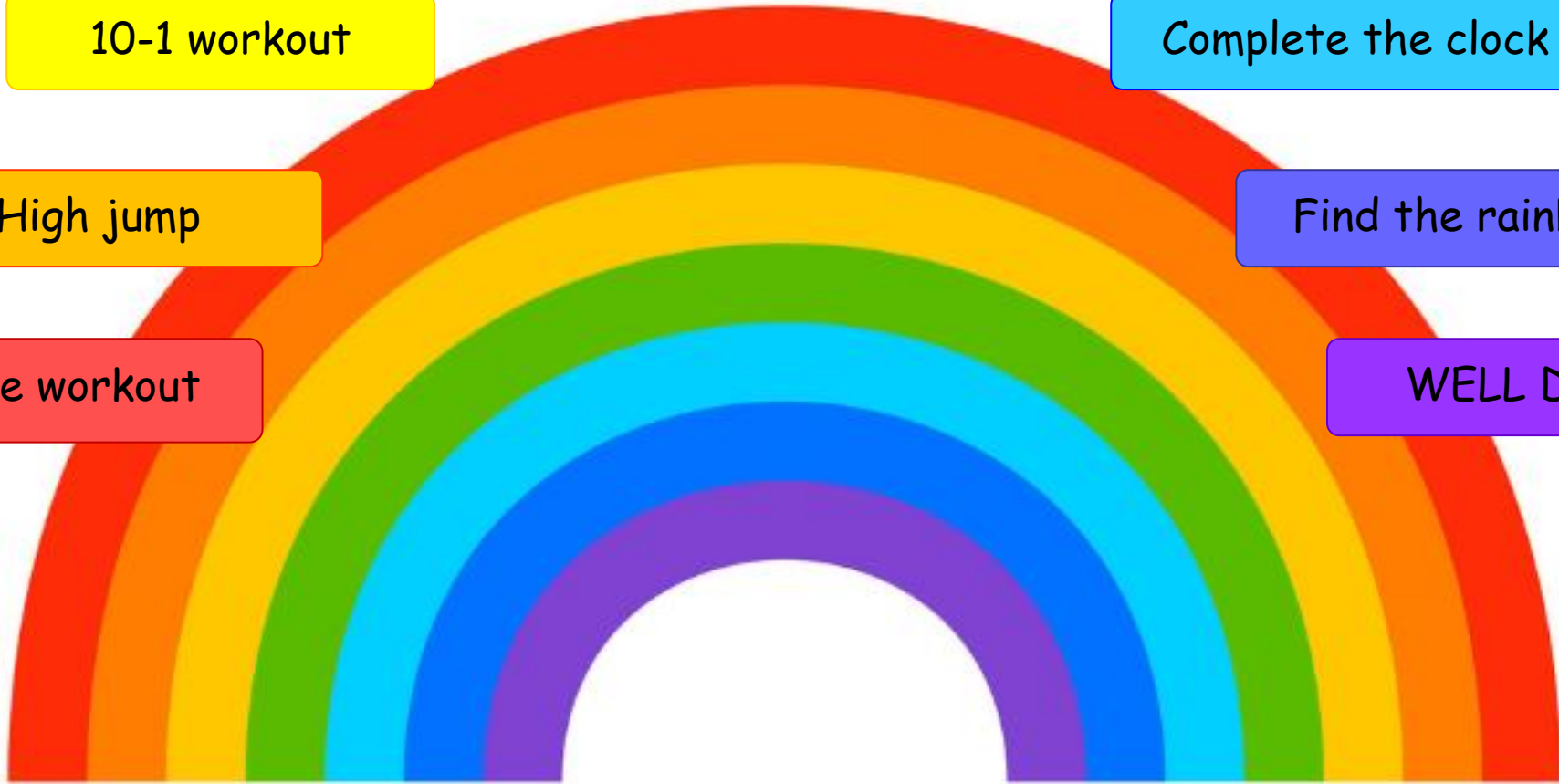
Complete the clock

High jump

Find the rainbow

7 minute workout

WELL DONE!



High jump



Get Set 4 P.E.

What you need: Lots of cushions

How to play:

- Be sure to play in a safe space clear of other objects.
- Warm up by jogging on the spot for 1 minute, 10 star jumps and 10 squats.
- Place one cushion on the floor and practise jumping over it. Be sure to bend your knees as you jump and land.
- Add another cushion to the pile and jump over both of them. Swing your arms forwards and up as you jump to help you get height.
- Continue to add cushions as you clear the jump.
- You may need to introduce a run up as the pile gets higher.



How many cushions can you jump?

7 minute workout

What you need: 1 clock or stopwatch

What to do: complete each exercise for 30 seconds:

- Jog on the spot
- Star jumps
- Lunges
- Tuck jumps
- Press ups
- High knees
- Squats
- Plank
- Burpees
- Side plank
- Mountain climbers
- Side plank on the other side
- Sit ups
- Heel flicks



Complete the clock



Get Set 4 P.E.

What you need: Twelve markers (these could be tins, shoes etc) and one ball.

How to play:

- Create a circle with the markers. Identify where the numbers would be if it was a clock.
- Kick your ball through each of the gaps.
- Repeat again, this time once through 1 o'clock, twice through 2 o'clock, all the way to twelve times through 12 o'clock.
- Make this harder by asking someone to time you. How quickly you can complete the clock?



Use the inside of your foot to kick the ball.

3 minute challenge

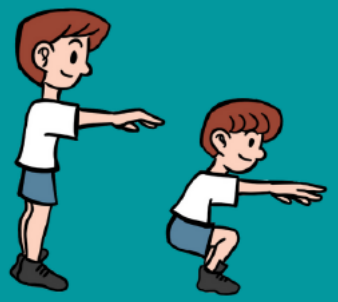


Get Set 4 P.E.

What you need: A little space and a stopwatch or clock.

How to play:

- You have 3 minutes – how many times can you complete this circuit?
- 10 x Star Jumps
- 10 x Burpees
- 10 x Press ups
- 10 x Squats



How many times did you complete the circuit?

10-1 workout

Complete the exercises below:



- 10 x Burpees
- 9 x Tuck jumps
- 8 x Lunges
- 7 x Star jumps
- 6 x Press ups
- 5 x Touch your toes and jump up
- 4 x Sit ups
- 3 x Squats
- 2 minute run on the spot
- 1 minute plank

Now have a go at making up your own exercise for 10-1!

Find the rainbow



Get Set 4 P.E.

What you need: 5x5 grid. This could be paper taped to the floor or with chalk, and a picture of a rainbow.

How to play:

- Place your rainbow in the centre of the grid.
- Fill the rest of the grid with numbers from 1 – 4.
- Players try to get to the rainbow in the centre of the grid.
- Begin in the green box with number 1 and jump one jump in any direction **except diagonal**.
- Continue through the grid jumping with the number of jumps indicated on the square you are standing on until you reach the rainbow.
- Make this harder by completing the corresponding exercise for every number landed on 1 = 1 x squat, 2 = 2 x hops, 3 = 3 x high knees 4 = 4 x star jumps

3	2	4	1	3
2	3	1	3	2
1	2		2	3
3	4	3	2	2
3	2	1	3	4