

Fundamental Skills: Easter

1 Sidestepping

Practise the skill of sidestepping used by the defenders in the 'Carrot Quest' invasion game during your Easter PE lesson.

Sidestep from left to right along an imaginary line, making sure your feet don't cross over and you keep your head up.

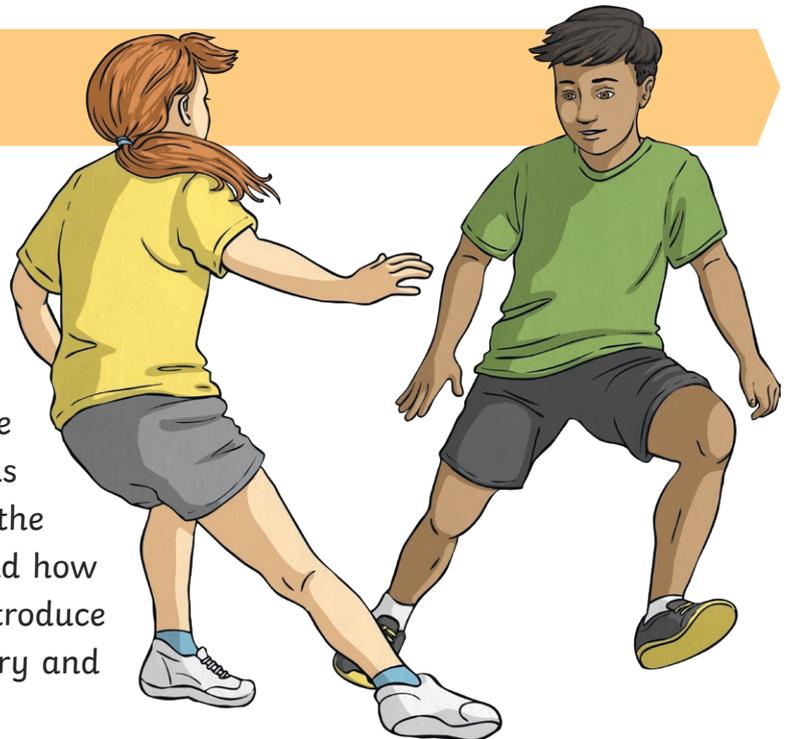
You could follow the commands of a friend or family member by getting them to shout out left or right for you. Why not try catching a soft ball or rolled up pair of socks thrown to either the left or right by only sidestepping? Or seeing how many times you can sidestep from one side of the line to the other in one minute? Challenge your friends and family to beat your record.



2 Dodging

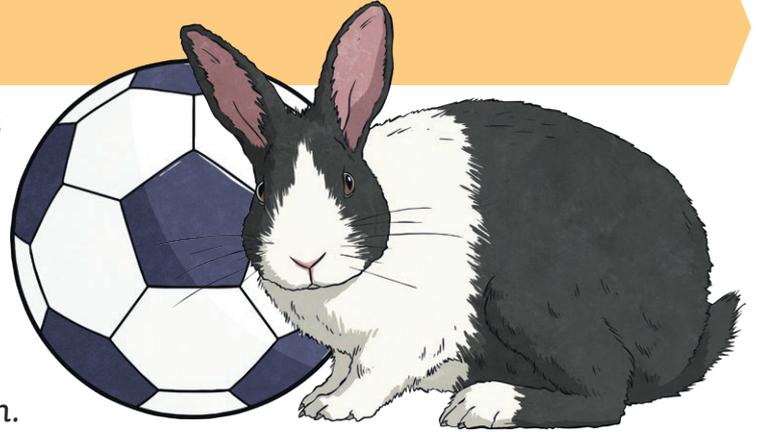
Practise the skill of dodging used by the attackers in the Carrot Quest invasion game during your Easter PE lesson.

With a friend or family member, take it in turns to try and hit each other below the knee with a beanbag or soft ball and use your skills of dodging to avoid being hit. Decide on the rules, such as how large to make the area and how close you can stand to the dodger. You can introduce a third person to pass the beanbag with, to try and catch the dodger off guard.



3 Bunny in the Middle

You will need two other players. Two players throw the ball to one another, while the third player (bunny) stands in the middle and tries to intercept the ball. The bunny can only move by bouncing (two-footed jump). If they manage to intercept it, the player who passed it then moves to stand in the middle and the game starts again.



4 Chicken Knee Tag

Play a game of 'Knee Tag' with a friend or family member. Face your partner and try to touch each other's knees while trying to avoid having your own knees touched. Each knee touch is worth a point. How many points can you score in one minute? This game encourages you to stay light on your feet with your knees bent, which is a similar stance used by defenders when marking and attackers when dodging to get free from their marker.



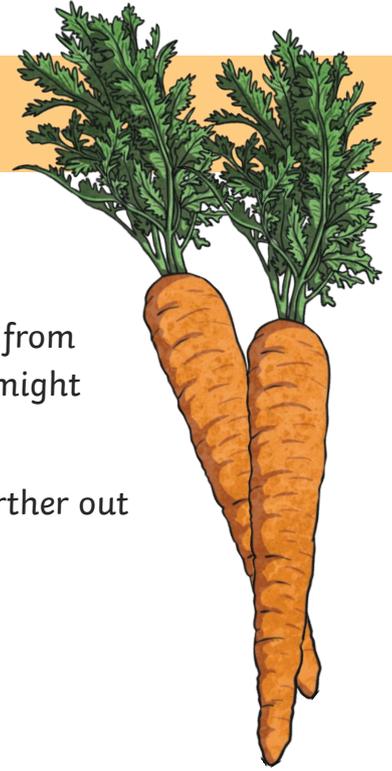
Every time you are tagged on the knee you must squawk out loud like a chicken!

5 Carrot Dangling

For this activity you can use a real carrot or create your own on card or paper, drawing, colouring and cutting it out before starting.

Once you have your carrot, find somewhere that you can suspend it from so that it is dangling down out of your reach when standing. You might need an adult to help you with this.

Try jumping for the carrot. If you can reach it easily, move it even further out of reach. How high can you jump to reach the sweet juicy carrot?



6 Easter Word Unscramble

Copy out the word grid with chalk on the ground in large letters.

Jump between the letters, trying to find as many three or more letter words as possible in the grid? You may join a word horizontally, vertically, diagonally, to the left, to the right, up and down. No letter may be used more than once.

Score one point for each three letter word, two points for four letter words and three points for five letter words. Score an extra two points for each Easter word you discover.

