

# The PE Shed



**Warm Up Game:** Body Parts

**Recommended Age Range:** Foundation - Grade 2

**Focus:** Movement, co-ordination, balance and spatial awareness.

Equipment	Setting Up	Description	Further opportunities
<p>No Equipment needed</p> <p><i>If outside mark out a square/rectangle as a playing area with cones/spots</i></p>	<p>This can be played in any indoor or outdoor area.</p> <p>Set a limit on the size of the area.</p> <p>If you are playing outside, create an area using cones/spots.</p>	<p>Students are moving around the playing areas and must not bump into each other.</p> <p>Teacher can ask students to move in specific ways: running, hopping, jumping, skipping, sidestepping etc.</p> <p>When the teacher calls out a body part (for example knee), the students have to freeze and balance using that body part on the floor.</p>	<p><b>Differentiation</b></p> <p>Easier:</p> <ul style="list-style-type: none"> <li>- Increase playing area</li> </ul> <p>Harder:</p> <ul style="list-style-type: none"> <li>- Reduce playing area</li> <li>- Call out multiple body parts</li> <li>- Add taggers</li> </ul>

## Body Parts

Students

