

OVER

240

ONLINE

P.E

ACTIVITIES

WITH PRINTABLE TASK CARDS

KNEE HUGGING



- 1 Lift your knee high up to **HUG** it in to your chest
- 2 Hold for 3 seconds then switch legs

FOREHANDS & BACKHANDS



- Keep a ball bouncing left & right, alternating between your **FOREHAND** & **BACKHAND** hit, letting it bounce in between each strike.

SIDE LUNGE HOLDS



- 1 Step out to the side & bend the outside knee, keeping your other leg straight
- 2 Hold for 10-15s, then switch sides

ARMS ACROSS YOUR CHEST



- 1 Bring one arm **ACROSS** your body & have your thumb pointing down towards the ground
- 2 Hug the arm in using your other arm & hold for 10-15s, then switch arms

OVERARM WALL SERVES



Place a marker 4-5m away from a target on the wall

- 1 Throw the ball into the air & hit the ball with an **OVERARM SERVE**, to hit the ball into the hoop target
- 2 Practice using both your left & right hand.

DRAG FORWARDS & BACKWARDS



- 1 From the cone, drag the ball forwards using the **SOLE** of your foot, to the other end
- 2 Then drag the ball backwards back to the starting cone
- 3 Repeat using the other foot.

(Put 2 markers about 5m apart)

OPEN & CLOSE THE GATES



- 1 Balancing on 1 leg, lift your knee out to the side
- 2 Then bring it out in front
- 3 Then put your leg back down & repeat with the other one

BALANCE & BEND DOWN



Balance a ball on a tall cone

- 1 Balancing on 1 foot, slowly bend down to touch the ball with your nose, then come back up
- 2 Practice alternating the foot you balance on

(Don't knock the ball off!)

CLOSE CONTROL BALL BALANCES



- 1 At the first cone, drag the ball to **BALANCE** it on top of the cone
- 2 Then tap it off & balance it on the next cone - keep going from cone to cone.

Put out a line of 5 small cones

WINDSCREEN WIPERS



- 1 Using just 1 hand, bounce the ball from left to right to left, across your body in a 'V' motion.
- 2 Switch hands after 1-2 mins.

(Stay low with knees bent)

WALL DIGGING & SETTING



- 1 Alternate digging & setting the ball against the wall
- 2 If needed you can let it bounce in between each contact.

TOUCH THE GROUND & CATCH



- 1 Sitting down, throw the ball up in the air
- 2 Touch the ground with both hands
- 3 Catch the ball

HALF VOLLEYS INTO THE GOAL



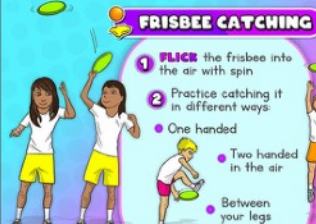
- 1 Throw the ball up into the air
- 2 Let it bounce once, then strike it into the goal
- 3 Practice from different areas around the goal, using both your left and right foot.

GYM BALL HAND WALK-OUTS



- 1 Start laying on the gym ball with your belly, hands on the ground
- 2 **WALK** your hands out forward until the ball is at your feet
- 3 Walk your hands back up again

FRISBEE CATCHING



- 1 **FLICK** the frisbee into the air with spin
- 2 Practice catching it in different ways

- One handed
- Two handed in the air
- Between your legs

CHEST PASSING



- 1 Stand 2-3m away from a target on the wall (about chest height!)
- 2 With 2 hands, step & push the ball from your **CHEST** to bounce off the wall into the target hoop

ZIG-ZAG SPOT SKILLS



- 1 Dribble the ball from spot to spot & do skills
 - Stop the ball at the first spot & do 5 **STEP-OVERS**
 - At the next spot to 5 **TOE-TAPS**
- 2 Alternate the skills at each spot, going up and back.

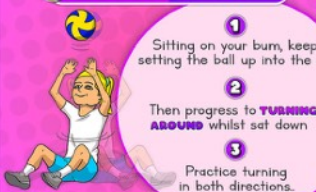
Make a zigzag line with spot markers

REACHING BEHIND & IN FRONT



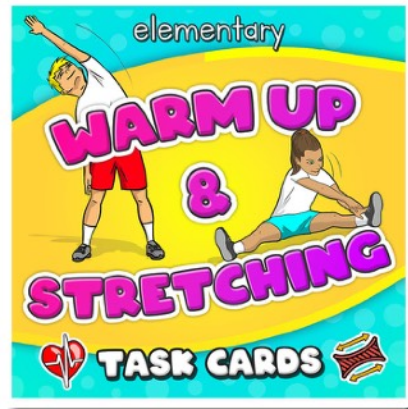
- 1 Stand with your legs wide apart
- 2 Keeping your legs straight, slowly walk your hands back as far as you can reach
- 3 Hold for 10-15s, then walk them back forward. Repeat 2-3 times.

SIT & TURN SETTING

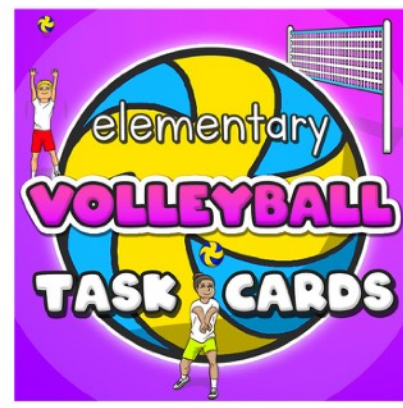


- 1 Sitting on your bum, keep setting the ball up into the air
- 2 Then progress to **TURNING AROUND** whilst set down
- 3 Practice turning in both directions.

FOR EACH TASK



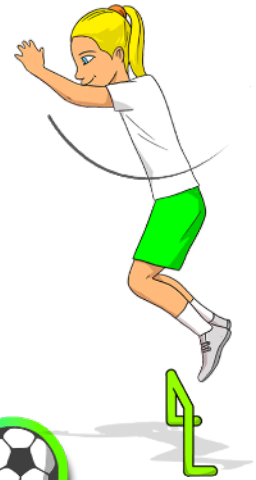
**INCLUDES 7
PACKS:**





242 PRINTABLE TASK CARDS

This MEGA bundle contains all 7 task card packs, which is crammed full of challenges to use in your P.E. Print them out to use in your lessons as circuits, stations, relays, warm ups, brain breaks and more...



There's a variety of fun drills and exercises for students to work through on their own, using minimal equipment in the sports hall or field. They'll be developing their fundamental abilities for co-ordination, agility, gross-motor movement, reaction time, whilst practicing different soccer, tennis, basketball, hockey skills and more!

Not only will you be equipped with the task cards, but I've also recorded online demonstration videos you'll get exclusive access to, where I show exactly how to perform each individual task. These are fantastic to use as a reference tool, so it doesn't matter if you don't know how to teach the sport skills, I do it for you!

