**Year 4 Home Learning P.E. Ideas**

**Here are some quick and easy games that you can try using objects you can easily access in your homes.**

You will need:

5 pairs of socks, rolled into a ball.

A box or small bucket.

1. **Socks in a Box (version 1)**

Place your box on the floor and take one pair of socks. Walk 3 big paces from the box and try to throw the socks in. If you get the socks in, score a point. Retrieve the pair of socks and try again. See how many you can score in one minute. Have a few tries, can you beat your score?

Challenge – Stand further away, find a smaller box.

1. **Socks in a Box (version 2)**

This time you will need all 5 pairs of socks. Set up the game as before. Throw the first pair into the box, then the second until you have thrown all 5. How many did you get in? If you got all 5 you score a point for each successful throw, and you carry on. For each pair you missed, you need to do a forfeit. This could be: run up and down the stairs, do 10 press ups, do 10 star jumps etc. Keep going until you have scored 50 points altogether.

Challenge – Stand further away, find a smaller box, make the forfeits harder.

1. Catch and Clap

With one pair of socks, throw them up into the air (not too high, but they must go over your head). While the socks are in the air, clap once before catching them. How many times can you do this in 60 seconds? If you drop the socks, pick them up and carry on counting your catches. Have a few attempts, can you beat your high score?

1. Sock Treasure Hunt.

You will need someone to hide all 5 pairs of socks in different parts of your home. You need to time how long it takes to find all of the socks and return them to the box. The box must remain in the same place and you can only take one pair of socks at a time. Try again, were you quicker?

1. When the weather is dry like today, try and get out and get some fresh air. Go for a local jog or walk, ride your bike, scooter or skateboard. Remember to think about other people when you are outside. When the weather is not so great, try some activities like those above, find something online like HIIT for kids, Yoga for Kids etc.

Hope these ideas have been useful.

Mr Mutsaers