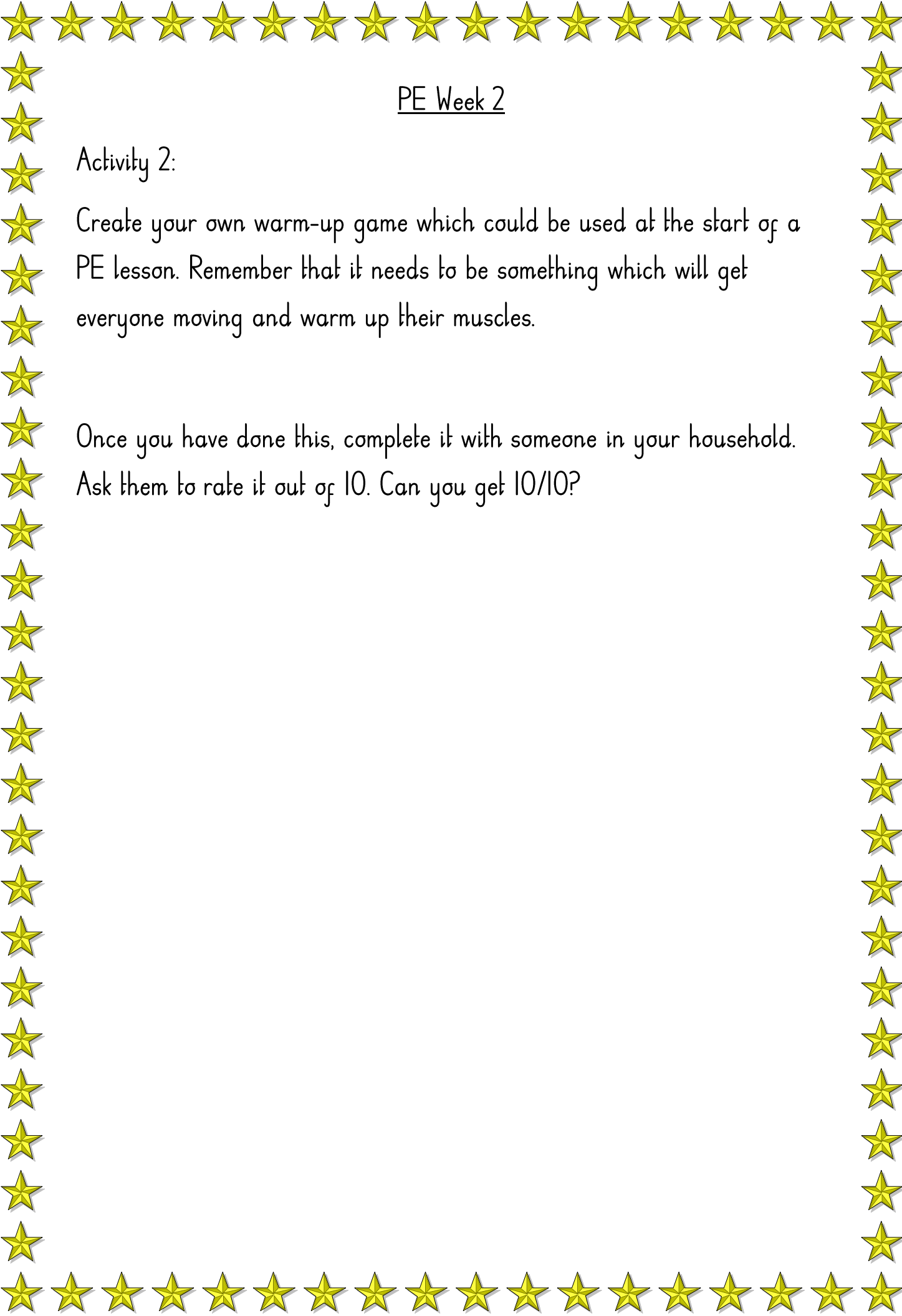




PE Week 2

Activity 2:

Create your own warm-up game which could be used at the start of a PE lesson. Remember that it needs to be something which will get everyone moving and warm up their muscles.

Once you have done this, complete it with someone in your household. Ask them to rate it out of 10. Can you get 10/10?