

# PE End Of Year Challenge

All students across the school are taking part in a PE End of Year Challenge. Try this game with your family!



## Exercise Musical Statues



Have a go at playing this Musical Statues Game!

Please warm up and stretch before starting and make sure you play this game in a safe place. Please take regular breaks.

This Musical Statues Game requires parental supervision.

Remember to stop if you feel pain or if you feel you can not do this game safely.

### Instructions:

This game is based on the game Musical Statues. Music will be needed for this game. Someone will need to be able to stop and start music. This can be done by pausing a song or by turning the volume completely down.

When music is playing, children can dance or do different on the spot whole body exercises such as jogging on the spot, star jumps, high knees and knee press ups. Children can choose what they do during each piece of music or the person in charge of the music can help the child by saying a different exercise every time they start the music so the child knows what to do.

When the music stops, they must freeze until music starts again.

The person in charge of the music can shorten or extend the piece of music to make the game easier or harder. Remember to take breaks.

### Exercise Examples:

<u>Exercise</u>	<u>Picture</u>
1) Jog on the spot	An illustration showing two children. On the left, a boy in a yellow shirt and red shorts is jogging on the spot. On the right, a girl in a blue shirt and grey pants is performing a star jump, with one leg raised and arms extended.

<p>2) Star jumps</p>	 <p>(Jump and make this shape)</p>
<p>3) Knee press ups</p>	
<p>4) High knees whilst jogging on the spot. (Whilst jogging on the spot, lift each knee higher than normal)</p>	
<p>5) Squats</p>	
<p>6) Walk on tip toes quietly</p>	

Hope you enjoy the PE End of Year Challenge and you can send photos of you playing this game into your teachers if you like (this is optional).