



Treasure Chest PE Home Learning



Can you congratulate other players if they score more points than you?

Time to Learn:

- Place the ten treasure items; socks, shoes, small toys at one end of the room, known as the treasure chest
- Run and collect an item and return it back to the start as quickly as possible.
- How many items can you collect in 60 seconds?
- Can you race against someone else to see who can collect the most items?



Play on your own!

See if you can beat your own score after each go!



Playing against someone else!

Give each piece of treasure a value, who can score the most points?



Play with a partner!

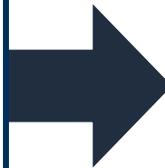
Take turns to collect one piece of treasure at a time.



Top Tips

Run pumping your arms!

- Keep your head up so you can see where you are going to ensure that you are safe.



Let's Reflect

Why is it important to keep running even when you were tired?

Why do you need to use the correct technique when running?