



Colour Combination PE Home Learning



Time to Learn:

- Layout several different coloured objects on the floor.
- Partner one chooses three different coloured objects for partner two to run out and touch.
- When partner one says go, how quickly can partner two touch the coloured objects in the correct order?
- To make the game harder increase the number of colour objects that are called out or put the objects in different rooms.



Play on your own!
How many objects can you touch in 60 seconds?
Can you beat your score?



Challenge yourself to move in different ways to touch the objects!

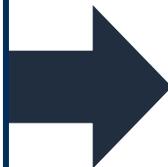


Compete against someone!
Who can touch the three coloured objects the quickest?

Top Tips

Keep Low!

- Bend your knees and keep your body low towards the ground. This will help create power when you push off, changing direction quicker!



Let's Reflect

How were you able to move quickly, changing direction?
Can you explain why we might need to change direction quickly when we participate in different activities?