



Tree PE

1. Find two trees. Run between them, touching each one, ten times
2. Find a big tree and put your hands on it at shoulder level. Do ten press ups against the trunk, keeping your legs straight
3. Face a tree, leaning your hands on it. Curl up one foot behind you whilst keeping the other leg straight. Repeat ten times with each leg
4. Jump as high as you can and touch the trunk. How high can you reach? Repeat this ten times

The children can write instructional text and create information cards for each exercise.

