

Outdoor & Adventure

# **PE Homework Active Every Day**

the PE Homework Activity Book. Colour in or the activities in this resource can be completed individually or with someone in your home.



# Level 1

# Level 2

# Level 3



**Scavenger Hunt** 



#### 1km walk

Equipment Needed

None.



### Walking I Spy



#### **Local Walk**



#### **Alphabet Twos**



# **ORIENTEERING**

### **Compass Directions**



#### **Hide The Teddy**



### Slimy Snake Walk

**Equipment Needed** 

A blank page and a pencil.

#### **Treasure Hunt**

Equipment Needed

Household objects and small toys to hide.

## **Obstacle Course Orienteering**

**Equipment Needed** 

Five or six objects or toys to act as obstacles, a blank page, a pencil and a stopwatch.

# **Class Challenge**



A blank page, a pencil and a stopwatch.

#### **CO-OPERATIVE CHALLENGES**

#### **Balloon in the Air**



#### Three-Legged Walk

Equipment Needed A scarf or long football socks as a

blindfold.

#### **Turn The Sheet**

**Equipment Needed** 



## The Floor Is Lava



## String Pick Up

**Equipment Needed** 

A long length of string or thin rope and some objects or toys to pick up.



#### **Blindfold Walk**

Equipment Needed

A scarf or long football socks to act as a blindfold.