



# Inside Out PE Home Learning



Can you play fairly and encourage each other?

## Time to Learn:

- Lay out items of clothing on the floor in a safe space, making sure that some items of clothing are turned inside out.
- Player one is going to try and turn all the items of clothing inside out, player two is going to try and turn all the items of clothing the right way round.
- Play for three minutes. At the end of the game the player who has the most pieces of clothing 'their way' is the winner.



Playing on your own, how quickly can you turn all the clothes inside out?



### Play for three minutes.

The player with the most objects their right way round wins.



### Play with a partner!

Take turns to turn your items the right way around!

## Top Tips

On your toes!

- Moving on the balls of your feet and bending your knees will help you move quicker to each object!



## Let's Reflect

Were you able to move on the balls of your feet to be quick?

If you did not win, what could you do differently next time?