

Cups



Lively Lesson



3-5 minutes



**Paper cups &
red, green and
yellow stickers**

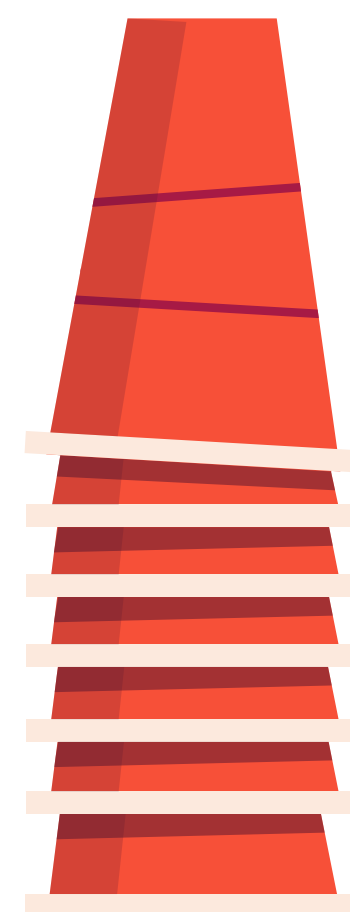


Instructions

You will need a red, green and yellow sticker for each group or table. For eg. each group or pair will have 3 cups, one with each of the three colours on it. Instruct your pupils to get into pairs or groups of three. Place three cups on the table close to each group. Hand out a single piece of A4 paper (that they will roll into a ball). They will then individually take turns to try and throw the ball into the cup. If it lands, turn it upside down to see what type of exercise they need to complete.

Health & Safety

- Ensure floors are clear of trip hazards.
- Ensure pupils leave stationary on the table.
- Remind pupils of their own spatial awareness.
- Give clear instructions.



Teacher Tips

This activity is suited to all ages. See our activity sheet for more information.

Foundation: simplified exercises will be detailed on activity sheet

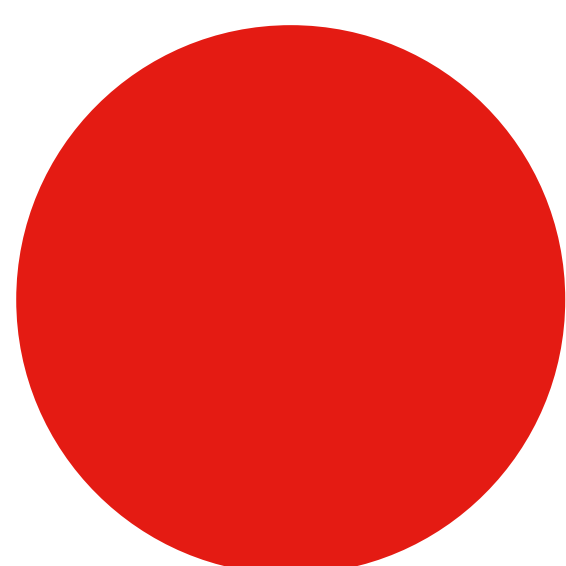
KS1 & KS2: encourage pupils to take turns and support their peers

Cups

For this activity ask your pupils to stand and get into pairs or groups of three if needed. At their desks place 3 cups per pair/group with a red, green and yellow sticker (without them seeing the bottom). Also give each group a piece of paper to scrunch into a ball. Their challenge is to stand away from their desks and throw the paper ball into the cups. Whatever colour it lands on dictates what exercise they complete. Each person can have three turns, then change person.

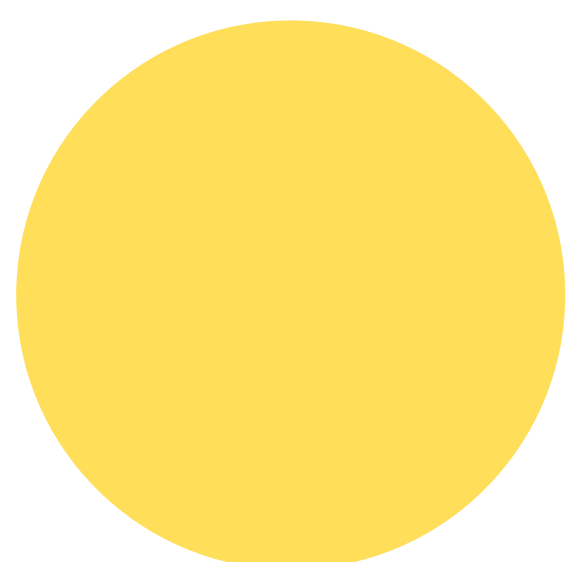
Foundation:

Choose one:



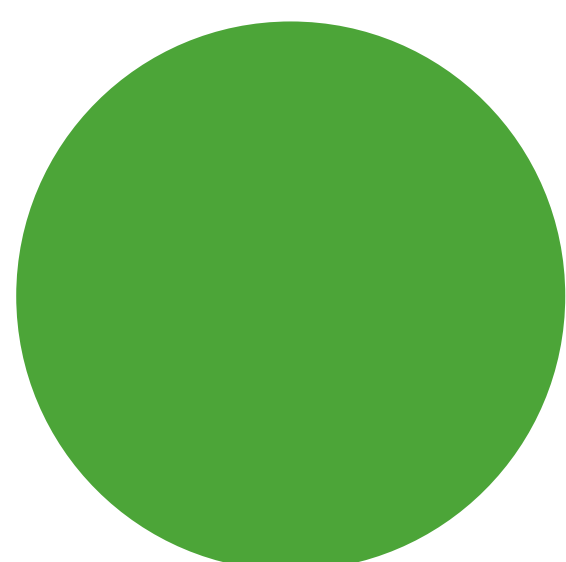
1. Run on the spot (count to 10)
2. Jumping jacks (count to 10)
3. Touch the floor, touch the ceiling (count to 10)

Choose one:



1. Jump (count to 10)
2. Whole body shake (count to 10)
3. Stand on your tip toes (10 times)

Choose one:

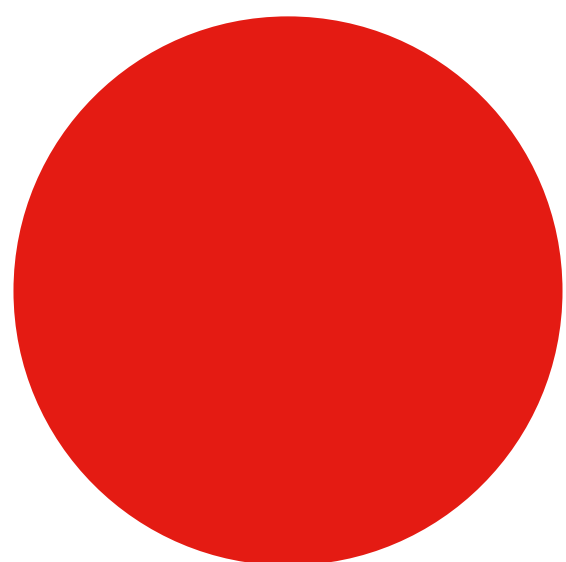


1. Stretch your arms to sky (hold for 10)
2. Balance on tight rope (hands out to side one foot in front of other) (count to 10)
3. Lift toes off the floor (10 times)



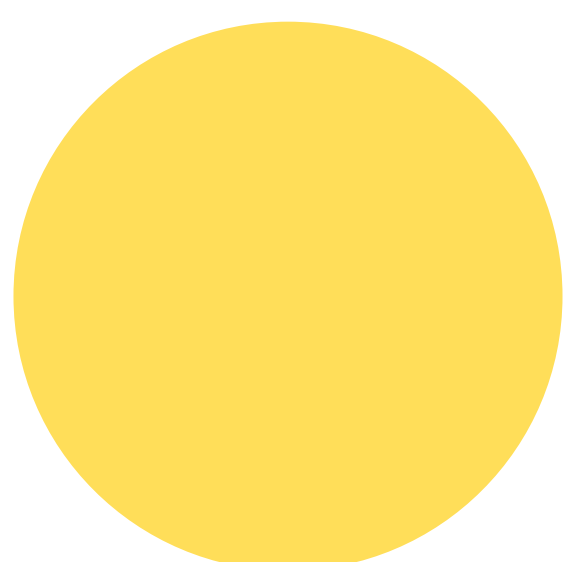
KS1 & KS2:

Choose one:



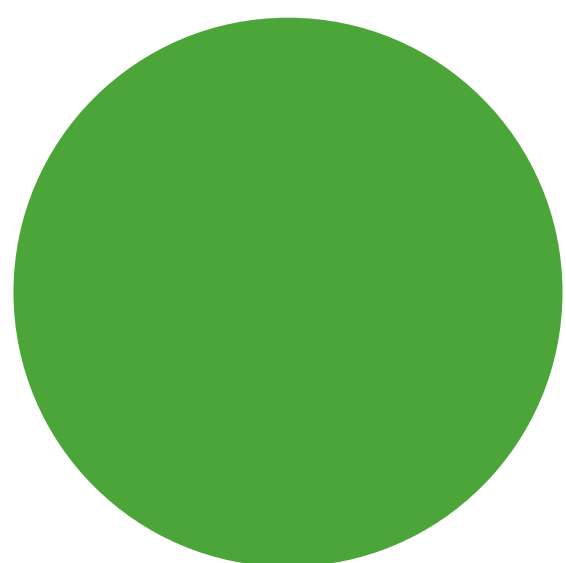
1. Fast feet on the spot (count to 15)
2. Jumping jacks (count to 15)
3. Standing opposite knee to elbow (count to 10)

Choose one:



1. Hop/Jump (count to 15)
2. Whole body shake (count to 15)
3. Stand on your tip toes (15 times)

Choose one:



1. Stretch your arms to sky (hold for 10)
2. Balance on tight rope and close your eyes (hands out to side one foot in front of other) (count to 10)
3. Lift your toes off the floor (15 times)

