

Spell it out



Get Set 4 P.E.

What you need: Post it notes a pen and a ball or pair of socks

How to play:

- Write a letter of the alphabet on each post it note and stick them to a wall.
- Begin 3m away and throw your ball to hit the letters and spell the following words....SUN, SPRING, FLOWER, RAINBOW
- Then have a go at making your own word.
- Have someone else with you? Can they guess your word?
- Playing against someone else? Who can spell the words in the quickest time?



Point your fingertips in the direction of your target after you have thrown.