

# What's that word!




Get Set 4 P.E.

**What you need:** Your house members.

## How to play:

- As a household choose three words that are going to be your 'what's that' words for the day e.g. can, you and TV. Choose words that are said quite often in your household to make the game harder!
- Choose appropriate exercises for each member of your household e.g. mum might want to do star jumps, brother might want to do squats etc.
- Every time a 'what's that' word is said, the person who said it must complete 10 of their chosen exercises. Don't forget to remind them by saying:
- Make this harder by increasing the exercises to 15.



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## Stay alert!