



Inside Out PE Home Learning



Can you
play fairly and
encourage
each other?

Time to Learn:

- Layout 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
quicky 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?