

Inside Out

Home Physical Education

Can you play fairly and encourage each other?

How to play:

- Layout items of clothing on the floor in a safe space, making sure that some items of clothing are turned inside out.
- Player 1 is going to try and turn all the items of clothing inside out, player 2 is going to try and turn all the items of clothing the right way round.
- At the end of the game the player who has the most objects facing 'their' way is the winner.



Can you keep trying even if you find the activity challenging?

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?