

# Treasure Chest

## Home Physical Education

Can you congratulate other players if they score more points than you?

### How to play:

- Place the 10 treasure items; socks, shoes, small toys at one end of the room, known as the treasure chest
- Run and collect an item and return it back to the start as quickly as possible.
- How many items can you collect in 60 seconds?
- Can you race against someone else to see who can collect the most items?



Can you run as fast as possible?

### Top Tips

#### Run pumping your arms

Keep your head up so you can see where you are going to ensure that you are safe.

### Let's Reflect

Were you able to keep running even when you were tired? Explain why.

Were you able to use the correct technique when running?