

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?