

how to set up:

- Ask the children to spread out and find a space on their own.

Use all the space available and spread children out. Encourage pupils to be patient and independent.



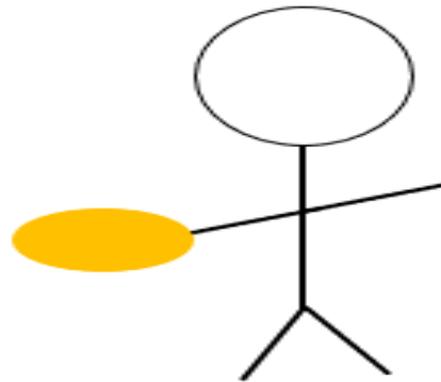
how to play:

- The children should be jogging on the spot
- Whilst jogging on the spot the children should perform these following actions:
- Punch the air in front of them
- Punch the air above their heads
- Punch the air by their sides
- Ask the children to stand still and perform arm circles – starting small and getting bigger
- Repeat arm circles backwards

how to set up:

- Each child works on their own.
- They stand in one long line, horizontally, at least 3M between each other.

Use all the space available and spread children out.



STAY AWARE

equipment:

- Foam Disks, Beanbags, soft quoits
- Starting cone

Cleanse thoroughly before & after use

how to score:

- Aim to throw using the correct technique

how to play:

- Show the children the correct fling throw technique used to throw the discus:
- Hold the discus with the fingers spread over the top, the palm of the hand should point to the ground
- The discus is held across the front of the body with the non-throwing hand underneath the discus to support it. The throwing arm should be straight and kept straight throughout the fling throw
- The throwing arm should be swung back around the body
- The hips and shoulders should turn back as the arms swing
- The arm is then swung forward, the hips and shoulders twist forward at the same time
- The discus should be released as the arm moves past the body
- The arm, hips and shoulders should keep rotating after the discus is released

how to set up:

- Split the class into groups of 3 and set up a space for each group to throw in.
- All groups should throw in the same direction.

Use all the space available and spread children out. Encourage pupils to be patient and independent.



STAY AWARE

equipment:

- 1 foam disk per group
- 6 cones per group

Cleanse thoroughly
before & after use

how to score:

- Each cone represents 5m.
- Throwers get a point for every cone they throw past.

how to play:

- Use one cone to mark the throwing spot.
- The children take it in turns to throw the foam disk from the throwing spot.
- The children take it in turns to throw the foam disk.
- Pupils count their score, 1 point per cone their discus/beanbag travels past – using the correct fling throw technique.
- The children keep taking turns with the aim of increasing their personal best throw.

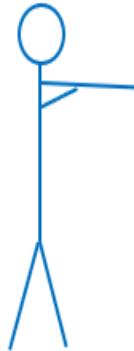
how to set up:

- Ask children to stand in their own safe space.

Use all the space available and spread children out. Encourage pupils to be patient and independent.



Hamstring Stretch



Arm Stretch



Quadricep Stretch



Side Stretch

STAY AWARE

how to play:

- Ask pupils to stand in a space where they can see you.
- Perform a stretch for pupils to copy, ask them if they know which muscle or part of the body they are stretching.
- Ask pupils to think about the parts of their body they have been using in the lesson and demonstrate stretches they can perform.