

how to set up:

- Have each child in a straight line facing the same way with at least a 2m distance between them.

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



STAY AWARE

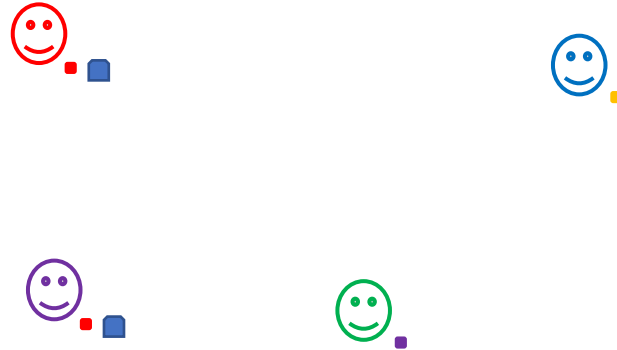
how to play:

- Ask children to run up and down the area. Stop and introduce correct running technique:
 - Run on balls of your feet – this is part of the foot in contact with the ground
 - Leg action – Pick knees up to increase stride length
 - Arm Action – Arms should make L shape and alternatively move forwards and backwards
- Introduce one point at a time and let the children practice the correct technique.

how to set up:

- The children work in pairs – they need a starting cone and a cone each.
- The teacher stands in a space with a stopwatch.

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



equipment:

- Each child requires a cone.
- Stopwatch.

Cleanse thoroughly before & after use

how to score:

- Place the cone down when the teacher shouts "stop".

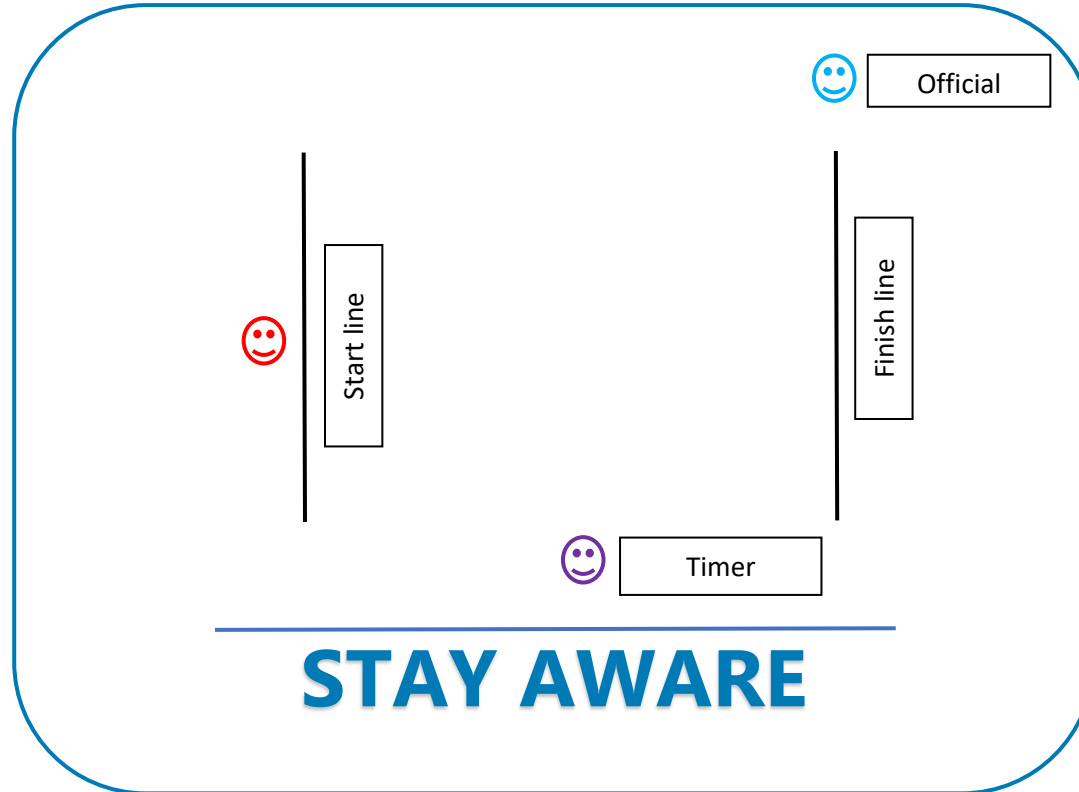
how to play:

- One child in each group will run at a time, whilst the other child waits. (Please ensure the pupil waiting remains 2M behind the starting cone.)
- The teacher will shout "go" and children will run as fast as they can.
- After 5 seconds, the teacher will signal everyone to stop.
- The children place the cone down where they stopped, and the other child will step to the start cone.
- Repeat again, attempting to beat your previous score.

how to set up:

- Split the class into groups of 3 – 1 runner, 1 timer, 1 official.
- Set out a marker spot for the timer to stand on and a marker spot for the official to stand on.

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



equipment:

- Cones – starting and finish line.
- Stop Watch
- Marker Spots

Cleanse thoroughly
before & after use

how to score:

- Based on times when everyone has had a turn.

how to play:

- Children will take in turns in the different roles.
- The runner, using the sprinting technique will run as fast as they can from the start line to the finish line when the timer says go.
- Swap roles so children have a go at the different roles.
- The timer will time each run, stopping the watch when the official sees the runner hit the finish line and shouts stop.
- After everyone has had a go, see which pupil got the best time for each starting position.
- Progression: Start in different ways each time i.e. lying on your back; lying on your front; start facing the other way etc.

how to set up:

- Ask the children to find a good space, on their own, inside a large area.

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



STAY AWARE

how to play:

- This activity requires all the children to remain in their own space.
- Ask the class what muscle groups they have worked during the session.
- The teacher can show some examples of stretches – think about different parts of the body.
- Hold each stretch for 10 seconds.
- Ask other children to demonstrate some stretches.