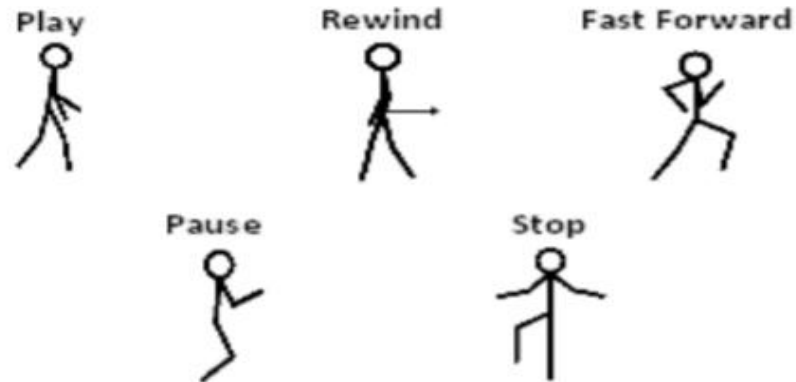


how to set up:

- Mark out a large area using cones.

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

**STAY AWARE****equipment:**

- Cones

Cleanse thoroughly before & after use

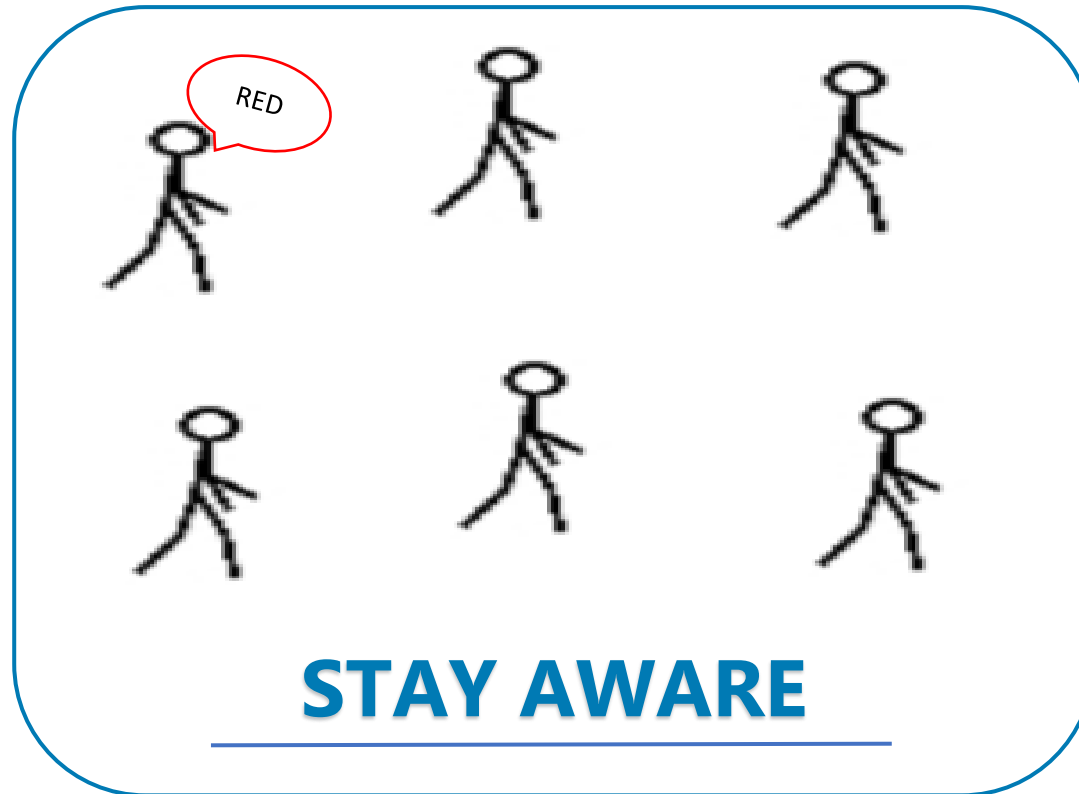
how to play:

- Introduce the following instructions and actions to the children:
 - 'Play' = walk around the area.
 - 'Rewind' = walk backwards, carefully.
 - 'Fast forward' = jog around the area.
 - 'Pause' = jump on the spot.
 - 'Stop' – freeze.

how to set up:

- Mark out a large area with a maximum of 15 pupils. If space allows, create three good size areas with 5 pupils working in each area.

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



equipment:

- Marker spots.
- Cones

Cleanse thoroughly before & after use

how to play:

- Children travel around their areas reacting to the signals that the teacher calls out:
 - Red = stop, freeze where you are.
 - Amber = get ready and jump / jog on the spot.
 - Green = go and travel around the area, avoiding others.
- Encourage the children to keep their head up, looking where they are going at all times.
- Progression: vary the way of travelling: hopping, skipping, jumping.

how to set up:

- Mark out a large area with cones.

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



equipment:

- Cones

how to score:

- If a child performs a wrong action or an action that wasn't one that 'Simon said' they are out. Continue playing until there is a winner.

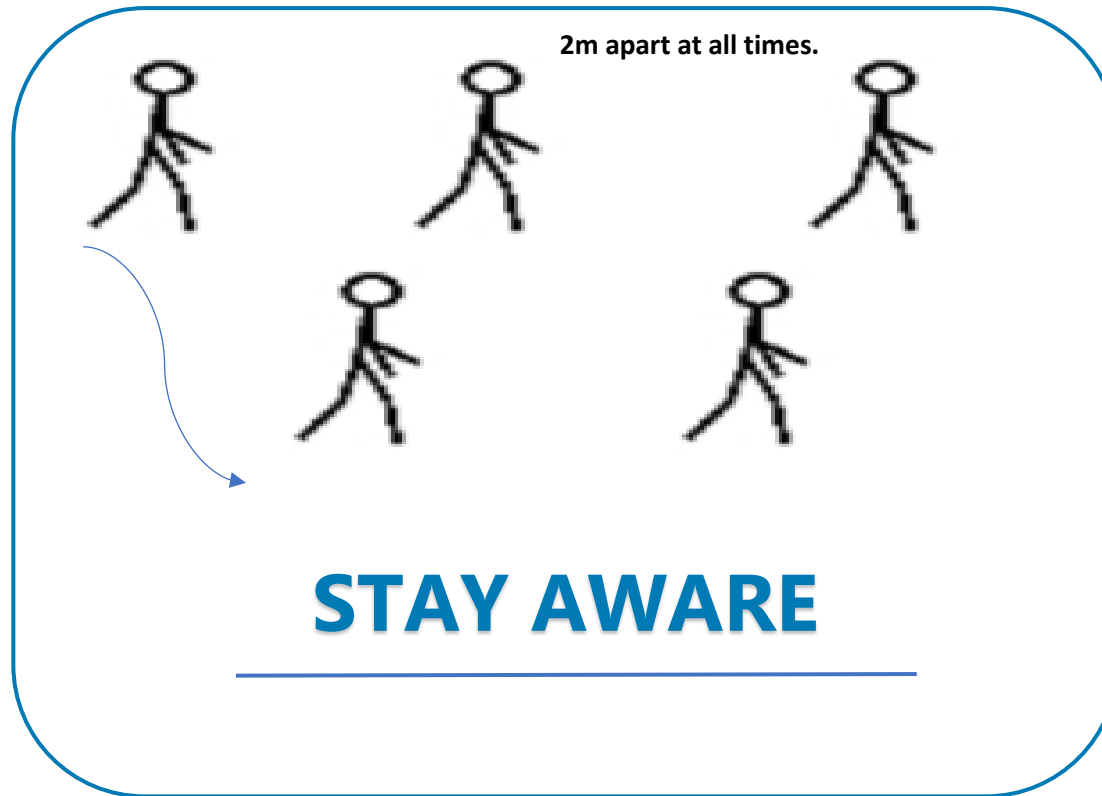
how to play:

- Ask the children to find a space on their own inside the area.
- The children can sit down in the space, listening and following the instructions from the teacher.
- The teacher will say 'Simon says...' and describe an action, balance, or pose for the children to perform. e.g. 'Simon says jump and reach up high'.
- If the teacher describes an action without saying 'Simon says...' before e.g. 'stand on one leg' the children must NOT perform the action.
- Progression: introduce a game element to the activity.
 - Continue to play the game but if the children perform a wrong action or it wasn't an action that 'Simon said' then they are out of the game and must sit down until there is a winner. Alternatively give pupils forfeits to allow them back into the game, e.g. 10 star jumps.

how to set up:

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

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



equipment:

- Use cones to mark out the area.

Cleanse thoroughly before & after use

how to play:

- ✓ Children find a space in the area on their own.
- ✓ Ask the children to walk around the area avoiding others, focusing on their breathing – in and out slowly.
- ✓ Encourage the children to move increasingly slowly around the area.