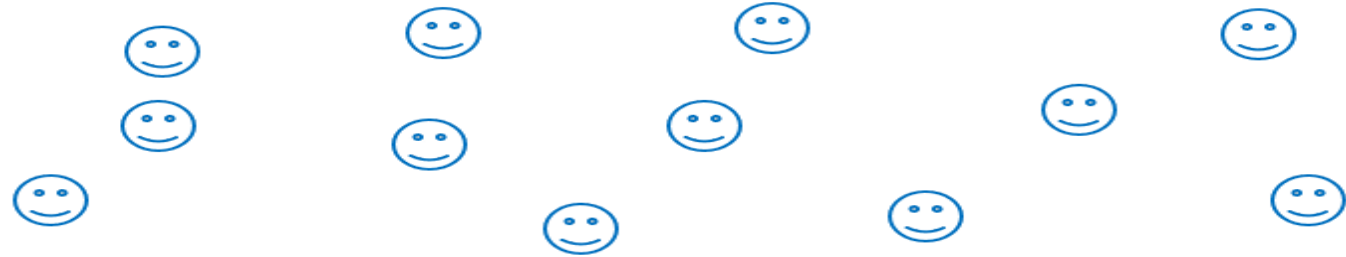


how to set up:

- 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.**

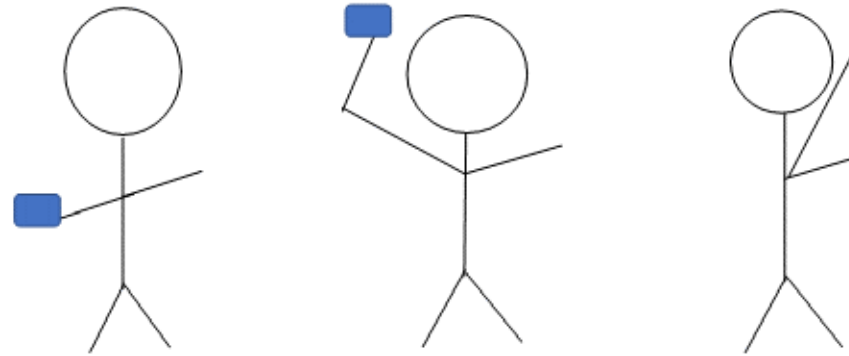
**STAY AWARE****how to play:**

- 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 pupil works on their own and has a marker spot to stand on.
- Each pupil needs a space, ensuring they are throwing in the same direction, but remaining 2M apart.

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

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

- Beanbags
- Marker Spots

Cleanse thoroughly
before & after use

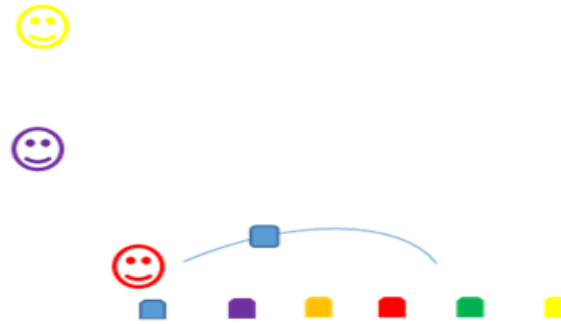
how to play:

- Stand facing the direction of the throw
- Hold the beanbag up high, behind and above the head, the palm of the hand should be facing the sky
- Stand feet apart, with the opposite foot from the throwing arm out in front of the body. The back leg should be slightly bent
- Bodyweight should be over the back leg
- The arm is pulled past the head – elbow first, then the hand holding the beanbag
- Move the body forward as the arm comes forward
- Release the beanbag as the hand moves past the head – follow through with the arm in the direction of the throw

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 beanbag per group (or one each if enough.)
- 6 cones per group

how to score:

- Each cone represents 5m.
- The thrower gets a point per cone they throw past.

how to play:

- Use one cone to mark the throwing spot.
- The children take it in turns to throw the beanbag from the throwing spot.
- After their throw, they count how many points they got, by counting how many cones their beanbag travelled past.
- The children take it in turns to throw the beanbag.
- The children keep taking turns with the aim of increasing their personal best throw.
- Progression: Add scores up as a team and compete to get more points than other teams.

how to set up:

- Children are spread around the area ready to listen to the instructions.

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 where they are.
- ✓ 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.