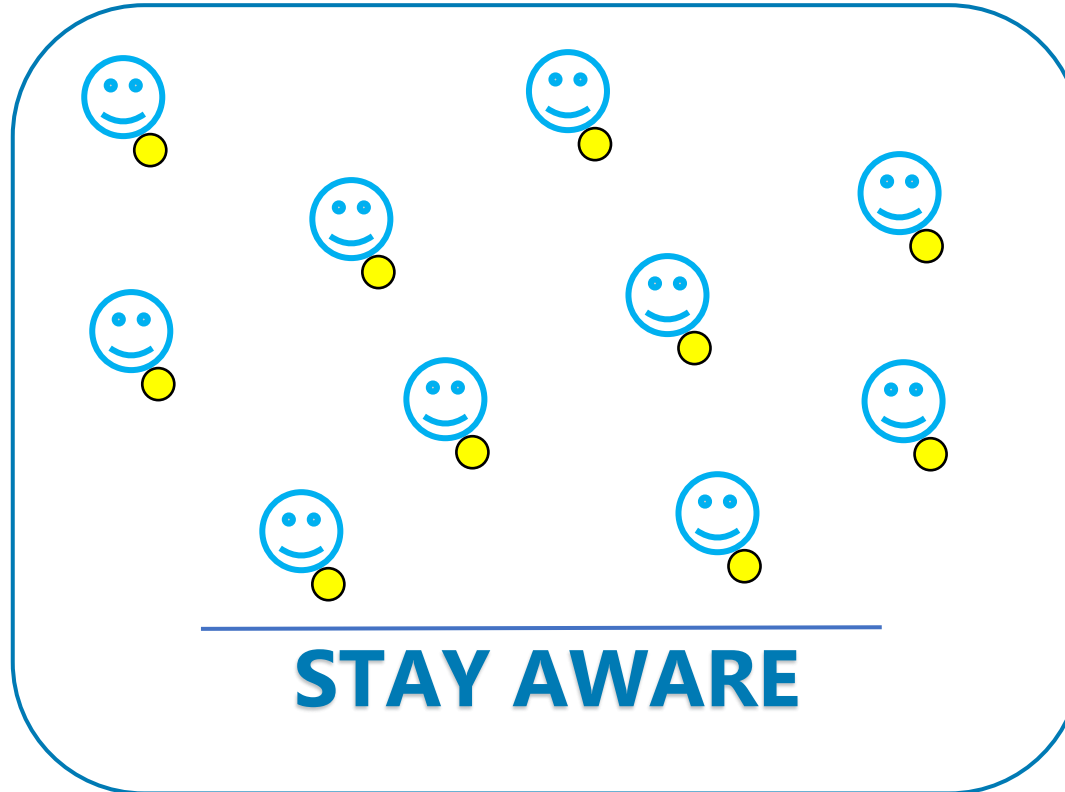


how to set up:

- Ask pupils to find a space in the area.
- Give each pupil a ball.

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

**equipment:**

- Balls

**Cleanse thoroughly
before & after use**

how to play:

- Pupils must "look after" (keep control of) their ball.
- Ask the pupils to "take the ball for a walk"
- Move around the area with the ball in their hands.
- Ask pupils to stop, bounce, catch, and continue walking. Repeat this every 10 second.

how to set up:

- Give every child a football.
- Set up a safe area using cones.
- Ask the pupils to find a space in the playing area.

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

**equipment:**

- Footballs.
- Cones.

Cleanse thoroughly
before & after use

how to play:

- Firstly, ask the children to move around the area with the ball in their hands.
- They must not hold the ball for more than 3 seconds (it is hot) before they roll it away from themselves.
- Once they have rolled it, they must move quickly to collect it.
- Progressions: with two hands, with one hand, one hand to the other.

how to set up:

- Set up an area for each pair to play in using four cones, with a half way line down the middle.
- Make the goals two steps apart.
- The pitch length is five steps.

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



equipment:

- Footballs or beanbags.
- Cones.

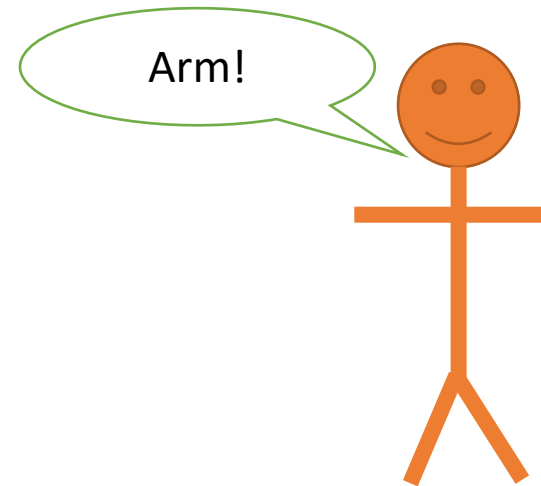
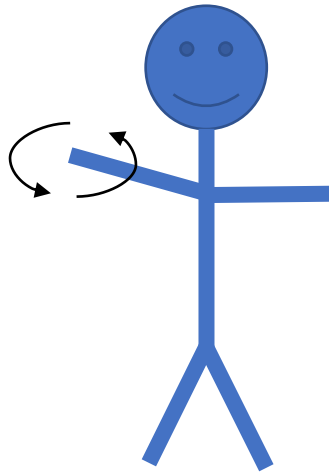
Cleanse thoroughly before & after use

how to score:

- If you slide to ball in between the cones on the floor you score one point.

how to play:

- The children must stand in their goal and slide the beanbag/football across the area.
- When they have the ball, they must try slide it past their opponent.
- When they do not have the ball, they must defend and block the ball from going in their goal.
- Remind pupils not to move over past the halfway line into their partners zone.



STAY AWARE

how to play:

- Walk slowly around the area.
- Call out a different body part (e.g. leg, arm, head).
- When a body part is called out, children should stop where they are and shake that part of the body to a count of five. Then walk around again.