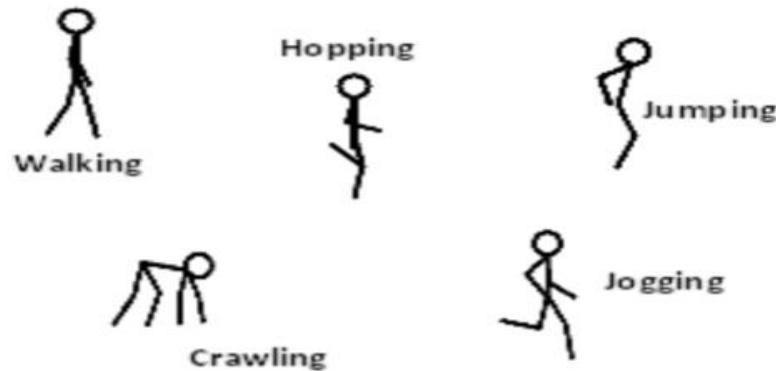


### how to set up:

- 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.
- Place one marker spot for each pupil in a space in an area.

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



**STAY AWARE**

### equipment:

- Cones
- Marker Spots

Cleanse thoroughly  
before & after use

### how to play:

- Children find a marker spot and sit on it.
- Ask the children to move around their set area in different ways:
  - Walking    - Jumping
  - Hopping   -Crawling
- On the signal 'SPOT' the children must return to their marker spot as quickly as possible.
- Repeat the activity with the children moving in different ways each time.

### 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.**

#### Well spaced children



#### Children not a space



# STAY AWARE

### equipment:

- Marker Spots
- Cones

Cleanse thoroughly before & after use

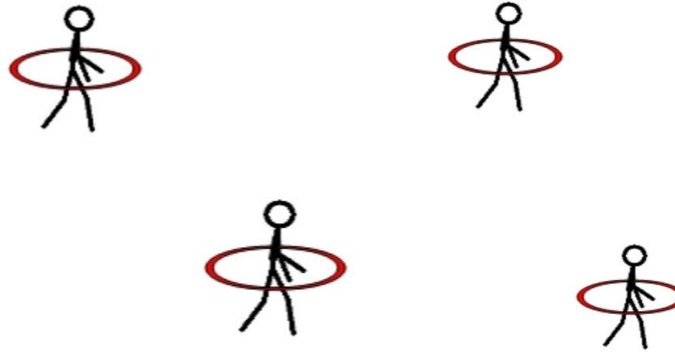
### how to play:

- Inside their allocated areas, ask the children to walk, find a space, sit with their arms folded, legs crossed and back straight in the area.
- If children do not manage to find a space ask them to stand at the side of their set area.
- Ask the class what they think a space is, using questions and showing examples.  
-Teacher move to a place where you are in a space – 'How do you know that I am in a space?'
- Repeat the activity, until the children understand the concept of finding a space.
- Introduce a time limit for children to find a new space each time.

### 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.
- Each pupil needs a hoop.

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



## STAY AWARE

### equipment:

- Cones
- Hoops

**Cleanse thoroughly before & after use**

### how to play:

- The children stand in their hoop (car) holding it at waist height.
- Ask the children to move around the area in their 'car'.
- Remind the children to stay inside their allocated area, avoiding contact with the other pupils.
- Introduce different ways of moving around their areas:
  - Skipping, Jumping, Hopping.
- Progression: Introduce instructions for the children to respond to:
  - Stop = freeze. -Go = move around the area. -Speed bump = jump. -Top gear = move quickly.

### 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.
- 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.**



**STAY AWARE**

### equipment:

- Use cones or hoops if necessary, to give the children an area each.

**Cleanse thoroughly before & after use**

### how to play:

- ✓ Children find a space in their allocated area and begin walking around.
- ✓ Encourage the children to focus on their breathing – in and out slowly.
- ✓ Tell the children to move increasingly slowly around the area.