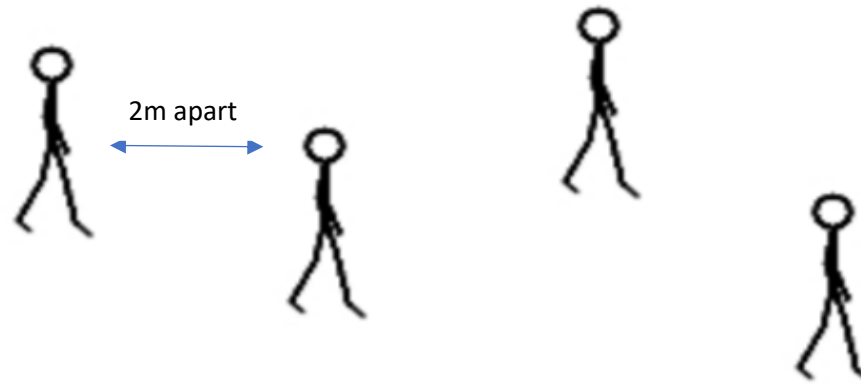


how to set up:

- 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.



STAY AWARE

equipment:

- Use cones if necessary, to give the children an area each or break the class into smaller groups.

Cleanse thoroughly before & after use

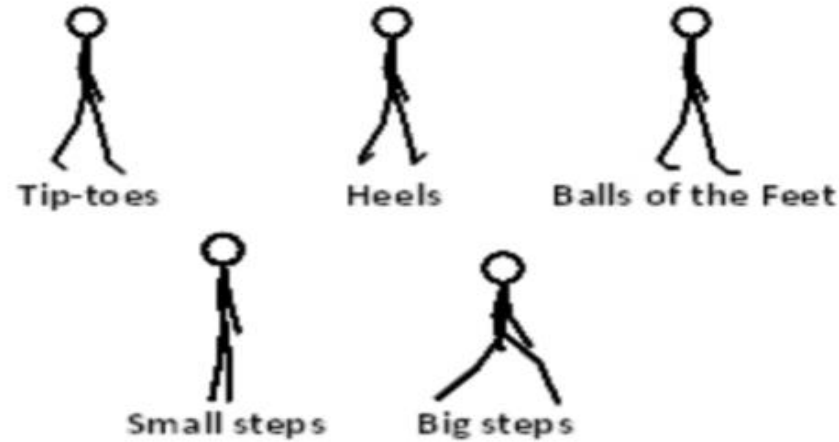
how to play:

- Children stand in their space and watch the teacher who will give visual signals to show the children how they should be moving on the spot:
- One hand in the air = walking.
- Hand on the head = freeze.
- Squatting down = jumping.
- Introduce more signals throughout the game.

how to set up:

- Mark out a large area so pupils have enough space to move around on their own.
- Remind the children to look for spaces whilst moving.

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:

- Challenge the children to move around their individual area in different ways:
 - On tip-toes
 - On the balls of feet
 - Taking small steps
 - Taking big steps
 - On heels
 - Moving slowly taking small steps
 - Moving quickly taking small steps
 - Moving slowly taking big steps.
 - Moving quickly taking big steps

how to set up:

- Set up an area for each child to work in individually using cones and marker spots.

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

**equipment:**

- Cones
- Marker spots

Cleanse thoroughly before & after use

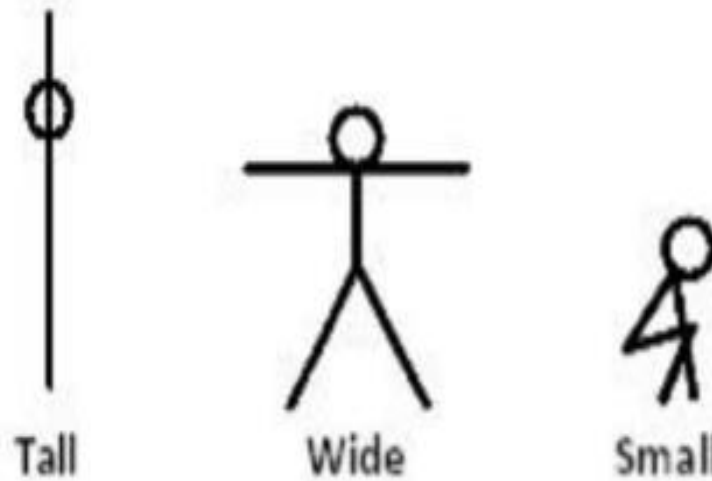
how to play:

- Children jog around their own area.
- On the teacher's signal 'STOP' the children should stop and freeze as quickly as possible.
- Highlight the key teaching points of how to stop:
 - Children must slow their legs down as quickly as possible.
 - Take quick, short steps when stopping.
 - Very slightly lean back.
- Encourage the children to take their time when practicing the technique.
- Progression: Give each child a marker spot to run at and stop on it using the correct stopping action.
- To make the game competitive, give points to pupils who are the first to stop and freeze.

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.



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 the area and copy the teacher's actions:
 - Tall stretch – Raise arms and hands high above the head.
 - Wide stretch – Stand in a star shape.
 - Small stretch – crouch down into a small tuck shape.