

### how to set up:

- Children must find a space at least 2 metres away from each other to work in individually.

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



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**STAY AWARE**

### how to play:

- Ask the children to jog around the area.
- When moving around the area call out numbers that will have an action behind them
  1. Touch the floor
  2. Jump and pretend to head the ball.
  3. Pretend to shoot and score.
  4. Celebrate scoring the goal.



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

- Footballs

Cleanse thoroughly before & after use

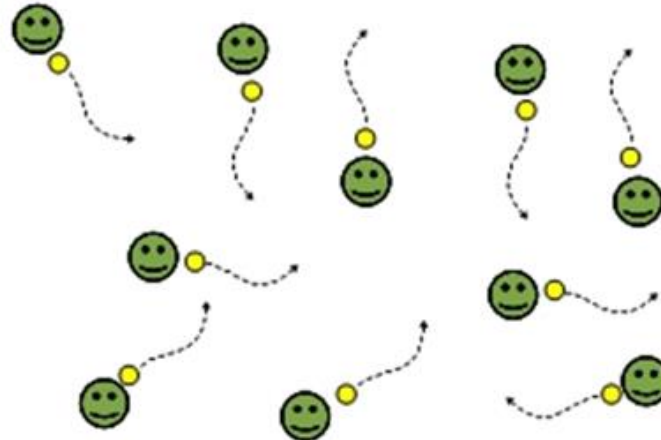
**how to play:**

- All children need a ball and to work independently in an area.
- Ask the children to take the ball for a walk using their hands to dribble the ball around the area.
- As they get more confident ask the children to move around quicker.
- Progression: ask the children to use just one hand dribbles around the area.
- Progression: ask children to use their feet.

### 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.
- All children need a space that is 2 metres apart from another child.

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



## STAY AWARE

### equipment:

- footballs
- cones
- Floor markers

Cleanse thoroughly  
before & after use

### how to play:

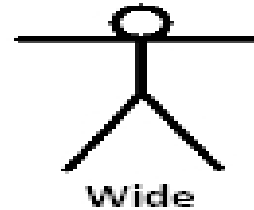
- All children should work independently in an area
- Ask children to dribble the ball around the area using their hand.
- Encourage the children to find space and change direction while dribbling.
- When dribbling the children should look for space, avoid opponents, and keep the ball moving.
- Progression: ask the children to dribble using their feet.
- Progression: add cones as obstacles for the children to avoid.

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### Stretches:



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**STAY AWARE**

### how to play:

- Ask the children to find a space in an area they can see the teacher.
- Ask the children to copy the stretches the teacher will show.
- Tall stretch – keep body straight and pointy - stretch your body as high as possible.
- Wide stretch – legs need to be shoulder width apart, arms out to the side and stretch.
- Small stretch – crouch down into a small tuck shape, balance on feet, hold legs tight to chest.
- Repeat 2/3 more times.