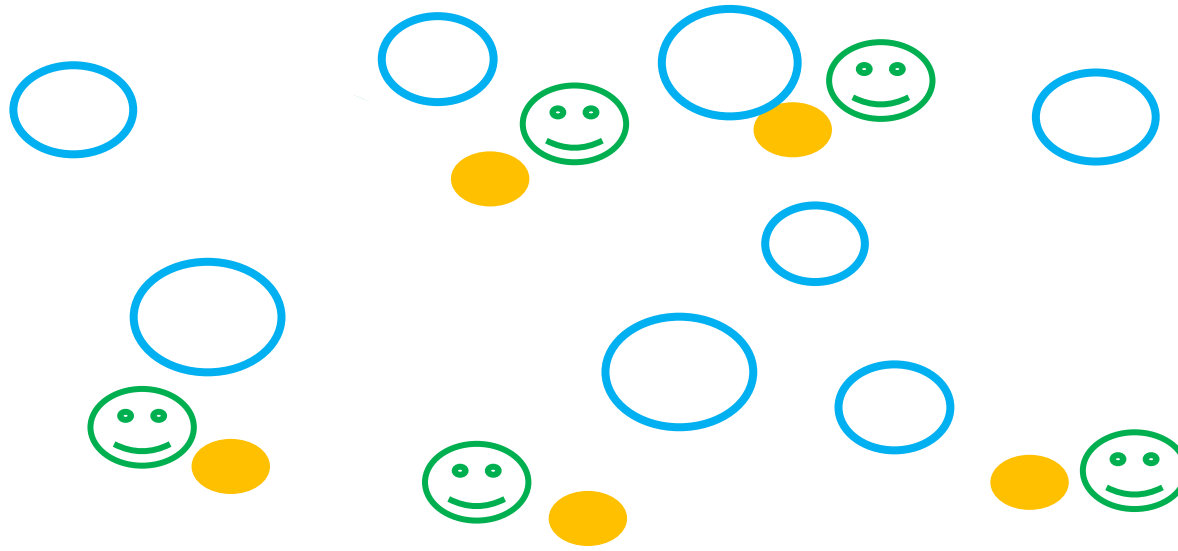


STAY AWARE

how to play:

- Ask the children to move around the area on their own.
- The children should watch the teachers who will show visual signals.
- E.g. – one hand in the air = walking, hand on head = freeze, squatting down = jumping.
- Remin pupils to keep in a good space on their own whilst moving.



STAY AWAY

equipment:

- Hoops.
- Cones.
- Balls.

Cleanse thoroughly
before & after use

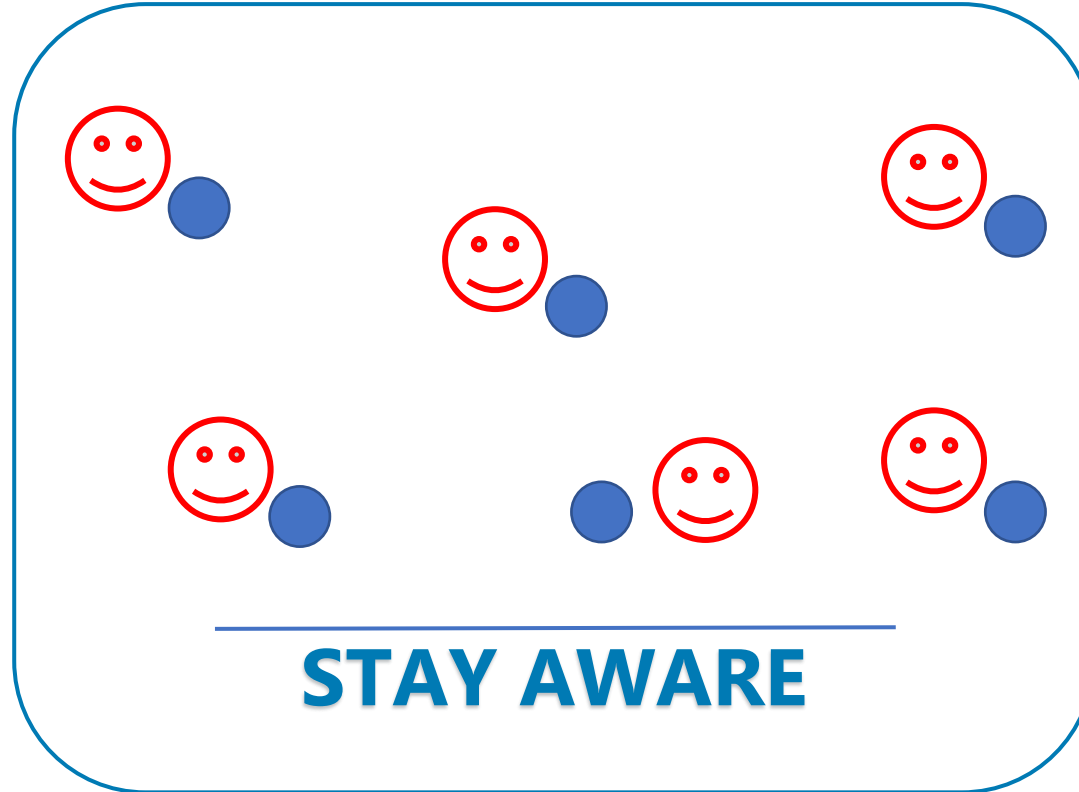
how to play:

- 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.
- The children must carry a ball around the area and bounce it in as many hoops as possible.
- The aim is to catch the ball after one bounce.
- Pupils cannot visit a hoop if another pupil is already there.
- Pupils cannot wait if a hoop is being occupied and must continue to move around.

how to set up:

- Each child requires a ball (suitable soft/light ball that bounces). And a large space to work in.

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

**equipment:**

- Soft/light balls.

Cleanse thoroughly
before & after use

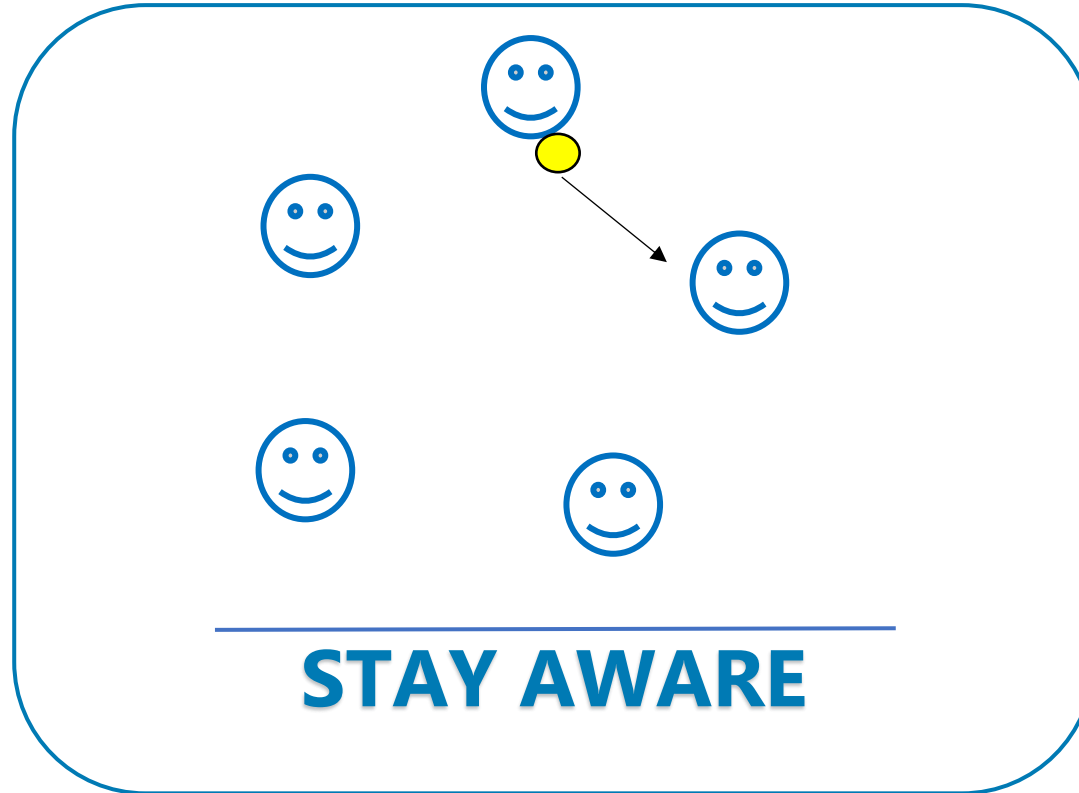
how to play:

- The aim of the activity is for the children to listen to and follow the instructions.
- Use the line "Do this..." and perform an action, balance or pose the children must perform with the ball e.g. "Do this...bounce the ball"
- Every time "Do this..." is used the children must copy the action that you perform.
- Occasionally use the line "Do that..." and perform an action - the children must not perform this action and continue performing the previous one.
- Keep giving the children different actions to perform.

how to set up:

- Split the class into small groups.

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

**equipment:**

- Soft balls.

Cleanse thoroughly
before & after use

how to play:

- Give each group 1 ball and form a circle, keeping a good distance between each other.
- Each child should have their feet shoulder width apart, reach down with their hands close to the ground.
- The ball will then be rolled around the circle from child to child in this position.
- Remind pupils to pass to different children every time to practise sharing and taking turns.