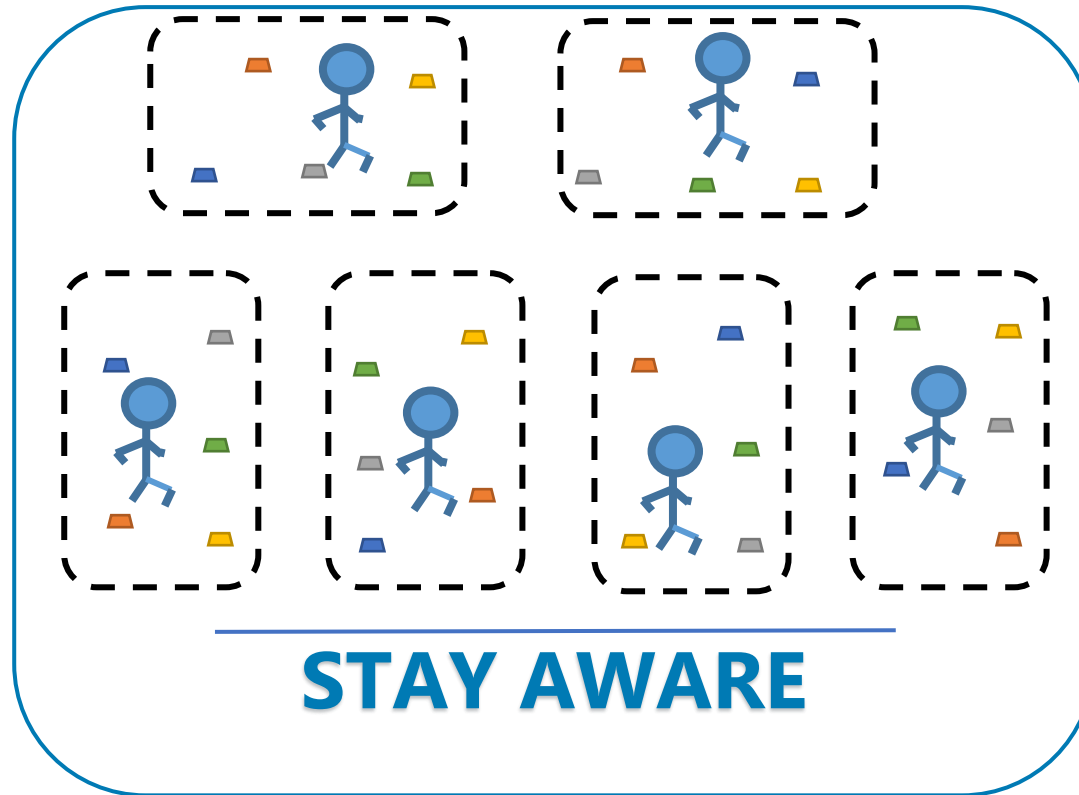


how to set up:

- Each player will be in their own safety zone.
- In each zone every player will have scattered 5 different colours around their zone.

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

**equipment:**

- Cones

Cleanse thoroughly before & after use

how to score:

Once a colour is called pupils must get to the correct colour the fastest and hold up their cone.

how to play:

- The aim of this activity is to get to the correct coloured cone as quickly as possible, this will all depend on their reaction time.
- The pupils must listen to the correct instructions. This means doing the movements the teacher calls out such as hop, jump, sidesteps etc.
- Make sure the area is big enough for pupils to practice.
- Have pupils keep spreading the cones out in different positions once it's been called so they are moving to different areas.

how to set up:

- Pupils will be competing in their own zone.
- Make sure there is enough space for them to compete in throwing events.

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



equipment:

- Beanbags
- Foam Javelins
- Cones
- Paper & Pen

Cleanse thoroughly before & after use

how to score:

Pupils will use cones to measure how far they can throw and write down their own score.

how to play:

- Pupils will be in their own zone competing in adapted throwing events: Beanbag throw & javelin.
- The pupils will be given their own equipment, if available.
- Set cones up for pupils to measure how far they can throw.
- All pupils will throw together and then collect at the same time for safety purposes - on the teacher's command.
- Ensure all pupils are throwing in the same direction.

how to set up:

- Pupils will be competing in their own zone.
- Make sure there is enough space for them to compete in jumping events.

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



equipment:

- Cones
- Paper & Pen

Cleanse thoroughly before & after use

how to score:

Pupils will use cones to measure how far they can jump and write down their own score.

how to play:

- Pupils will be in their own zone competing in jumping events: Long jump & triple jump.
- Pupils will use the correct jumping technique used for triple and long jump.
- Set cones up for pupils to measure how far they can jump.
- All pupils will jump together on the teacher's command.

how to set up:

- Pupils will be competing in their own zone.
- Make sure there is enough space for them to compete in throwing, jumping and running events.

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



equipment:

- Cones
- Paper & Pen
- stopwatch

Cleanse thoroughly before & after use

how to score:

Pupils will be awarded points depending what position they finish in.

how to play:

- Pupils will be in their own zone competing in running events: sprints and long-distance shuttles.
- Pupils will use the sprinting technique they have practiced in the race.
- When performing in the long-distance shuttle's pupils should know to pace themselves. See how many pupils can do in 4 minutes in the 5m zone.
- All pupils will start together on the teacher's command.
- Teacher uses a stopwatch to time 4 minutes for the shuttles.

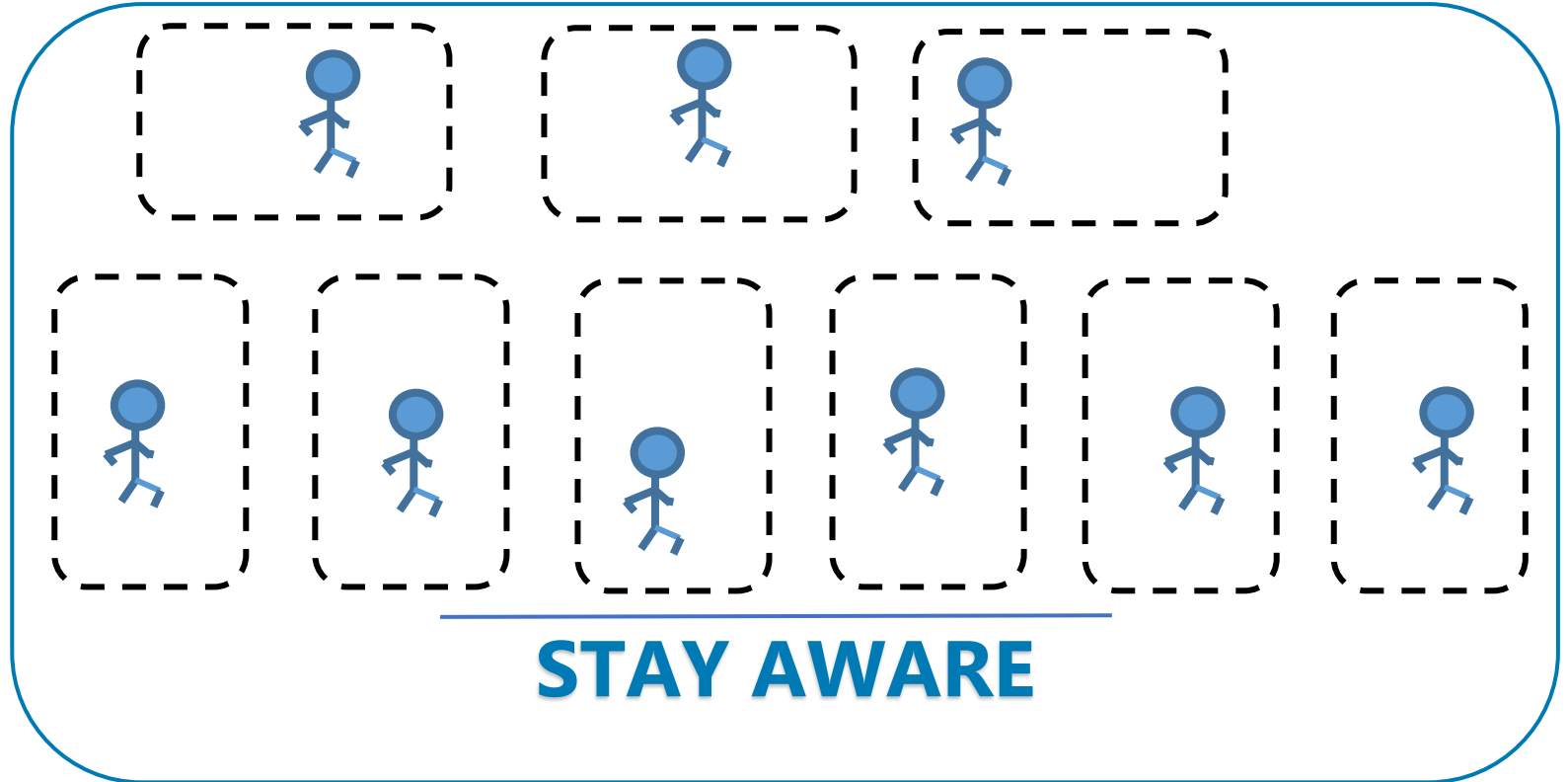
how to set up:

- Pupils move around in their own zone, corner to corner, side to side etc.
- **Use all the space available and spread children out. Encourage pupils to be patient and independent.**

equipment:

- Cones

Cleanse thoroughly
before & after use

**how to play:**

- Explain to pupils that they are 'on TV' inform them that the teacher has the remote to the TV.
- Explain to the pupils that different buttons on the remote mean different things.
- Play - move around as directed
- Pause - stop
- Rewind - move backwards as directed
- Fast Forward - sprint on the spot
- Change Channel - change character pupils move around in