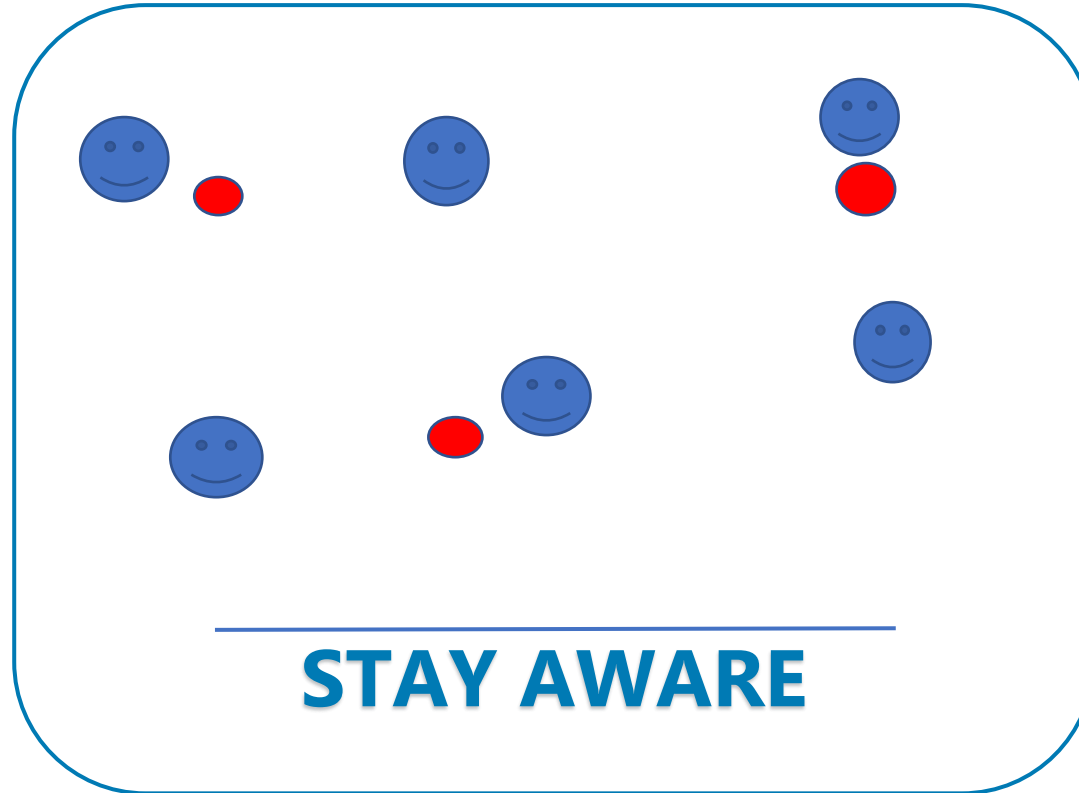


how to set up:

- 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.

**equipment:**

- Footballs/netballs

Cleanse thoroughly
before & after use

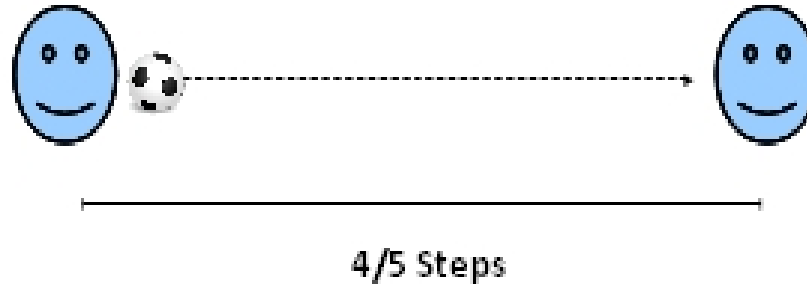
how to play:

- Pair children up with 1 ball between them.
- Moving around a set area the pupils should use passes with their feet to each other.
- Children should try used different parts of their feet to make passes.
- Extend the distance between to work on accuracy of pass.
- Remind pupils to keep a safe distance from each other.

how to set up:

- Mark out an area for each pair to work in.
- Give each pupil a marker spot, that they must stand on when passing the ball.

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

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

- Footballs
- Marker spots

Cleanse thoroughly
before & after use

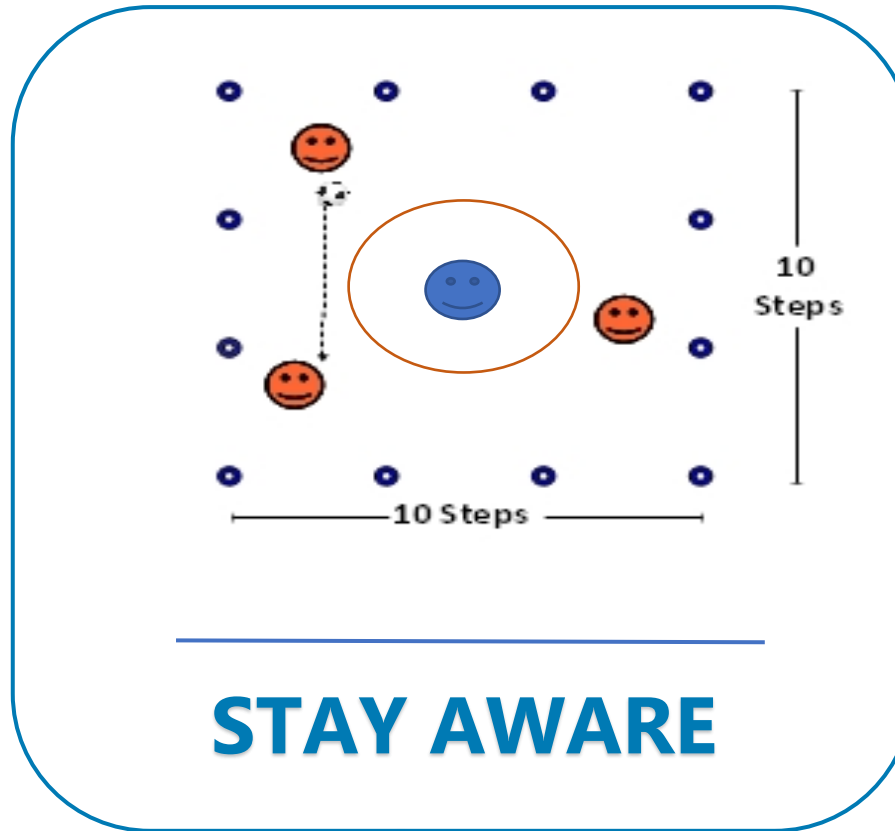
how to play:

- ✓ Pupils are to work in pairs with one ball between two.
- ✓ Each pair should find a space to work in with a 5-step gap between them.
- ✓ Start the passing using hands by rolling the ball back and forth to each other.
- ✓ Progression: use the sole of the foot to control and roll the ball to each other.
- ✓ Progression: gradually increase the space between each pupil and encourage accuracy of pass.

how to set up:

- Pupils work in groups of 4/5 in a large marked out area.
- One pupil will be the defender and stands in the hoop.
- The other pupils are the attackers and stand 2-3M away, around the hoop, standing on their marker spot.

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



equipment:

- Footballs
- Cones
- Floor Markers
- Hoops

✓ Cleanse thoroughly before & after use

how to score:

- Once pupils are confident, ask children to keep count of how many passes children make before the defender touches the ball/ the ball leaves your area.

how to play:

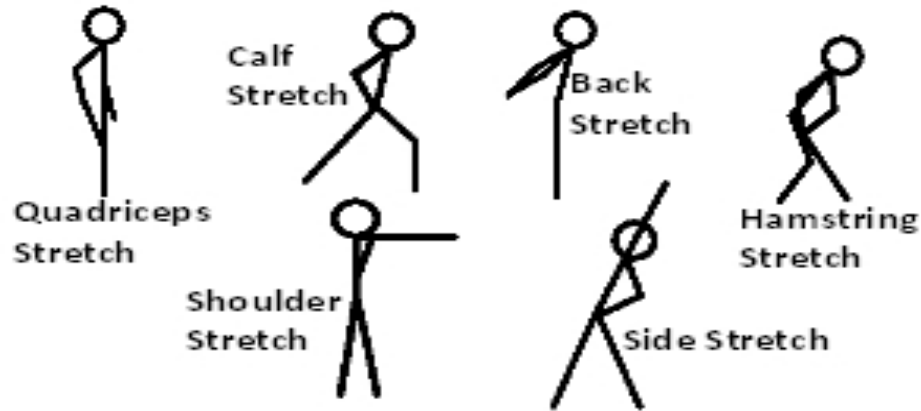
- ✓ Split the class into groups of 4.
- ✓ In each group one pupil will be a defender and will need a bib to indicate that, the other children are attackers.
- ✓ The objective of the attackers is to keep the ball by making passes around the defender.
- ✓ The defender's objective is to intercept the passes the attackers make.
- ✓ The defender must always keep one foot in the hoop.
- ✓ Start in hands to start with and once confidence of attackers grow, pupils can use feet.
- ✓ Change defenders every 3 minutes.

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.

Examples of Static Stretches:



STAY AWARE

how to play:

- ✓ Ask the children to stand around the teacher in a semi-circle.
- ✓ Ask a child to come in and demonstrate a different stretch.
- ✓ Start your stretches at the top of the body and make your way down