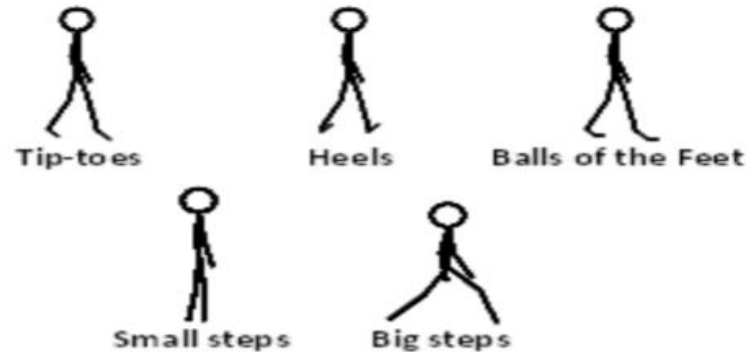


how to set up:

- 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.

Cleanse thoroughly before & after use

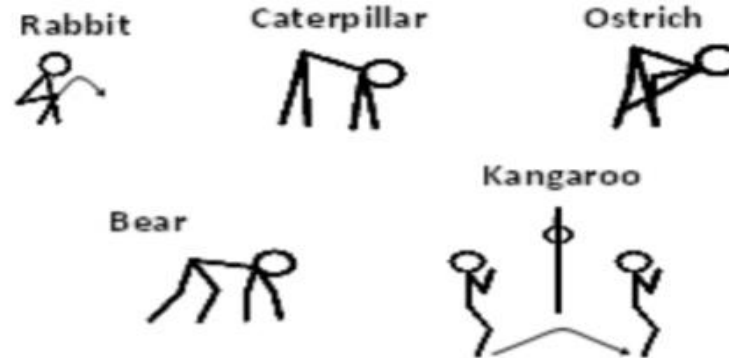
how to play:

- Children to move on the spot in different ways:
 - Walk
 - Jog
 - Run
 - High knees
 - Heel flicks
 - Star Jumps

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.



STAY AWARE

equipment:

- Cones

Cleanse thoroughly
before & after use

how to play:

- Ask the children to move around the area as different animals:
 - Rabbit – crouch down, bunny hops.
 - Caterpillar – hands and feet on the floor, hands reach out then legs reach forward.
 - Ostrich – hold on to the bottom of legs and walk.
 - Bear – walk with hands and feet on the floor, right hand and foot then left hand and foot.
 - Kangaroo – stood up jumping with hands in front of chest.
- Continue to introduce different animals for the children to attempt to act and move around as.

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.
- Every pupil needs a marker spot.

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



STAY AWARE

equipment:

- Cones
- Marker spots

Cleanse thoroughly before & after use

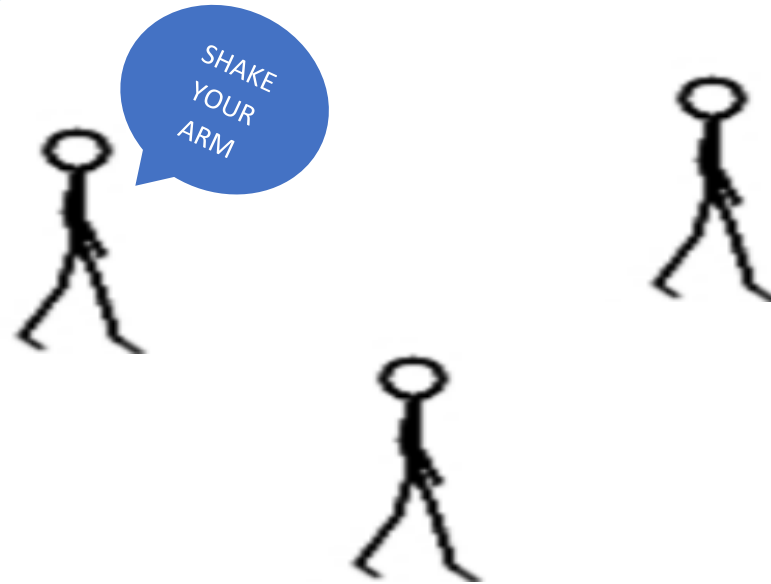
how to play:

- Children jog around their allocated area.
- Give each child a marker spot and ask them to find a space in their area to place it on the floor and stand on it.
- Explain to the children that they are all rabbits and this is their rabbit hole.
- On the signal 'rabbits' the children should start bunny hopping around their set area, avoiding other rabbits and their bunny holes.
- On the signal 'home' the children should return to their rabbit holes as quickly as possible.
- Progression: Repeat the activity but add a time limit to get back to the rabbit hole.

how to set up:

- Ask the children to spread out and find a space in their allocated area.

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



equipment:

- Use cones or hoops if necessary, to give the children an area each.

Cleanse thoroughly
before & after use

how to play:

- ✓ Children walk around their areas slowly.
- ✓ Teacher calls out different body parts for the children to shake out:
 - Leg
 - Arm
 - Hand
 - Hips