

how to set up:

- Ask pupils to find a space in the playing area.
- Explain the importance of finding a good space to pupils.

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



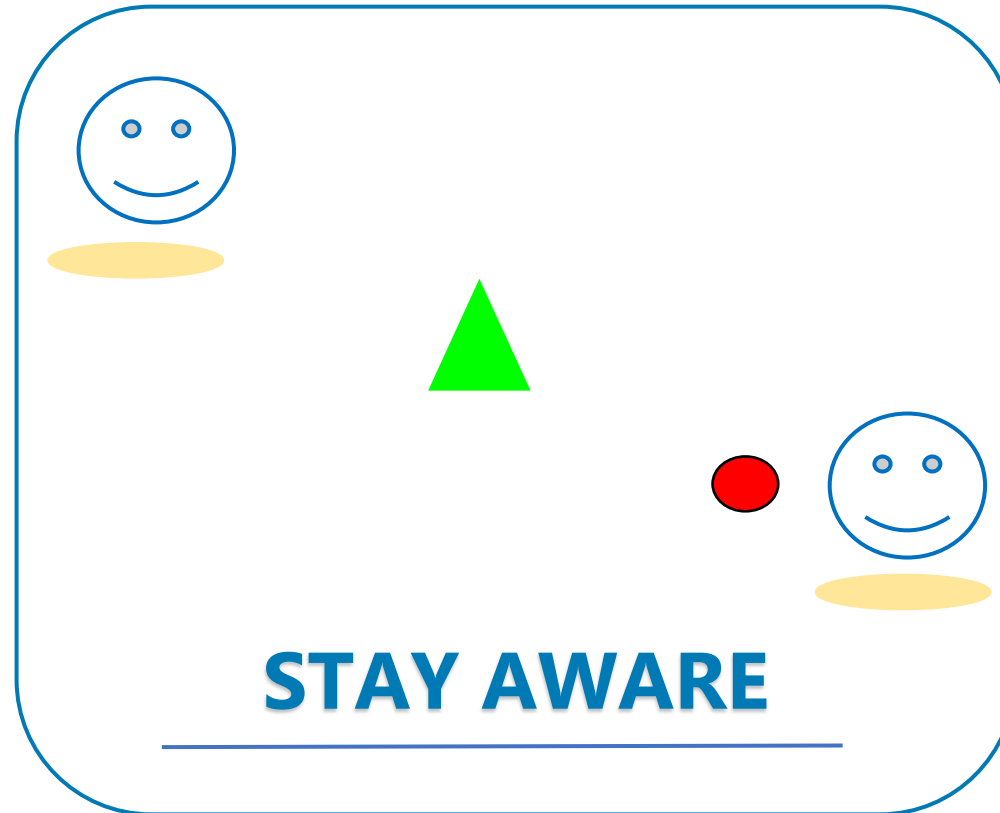
how to play:

- Ask the pupils to move in a variety of ways; marching, walking, jogging, skipping.
- Pupils must move on the spot.
- Every 10-20 seconds call out a command which pupils must respond to.
 - Dodge – pupils pretend to dodge
 - Duck – pupils duck down and back up again
 - Jump – pupils jump high in the air

how to set up:

- Organise pupils into pairs.
- Each pair requires 1 cone, 2 marker spots and 1 ball to work with.
- Pupils should place the cone in the middle of them, and stand on their marker spot a few steps away from the cone.

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



equipment:

- Soft Balls.
- Tall Cones.
- Marker spots.

Cleanse thoroughly before & after use

how to score:

- Pupils can count how many times they manage to hit the cone.

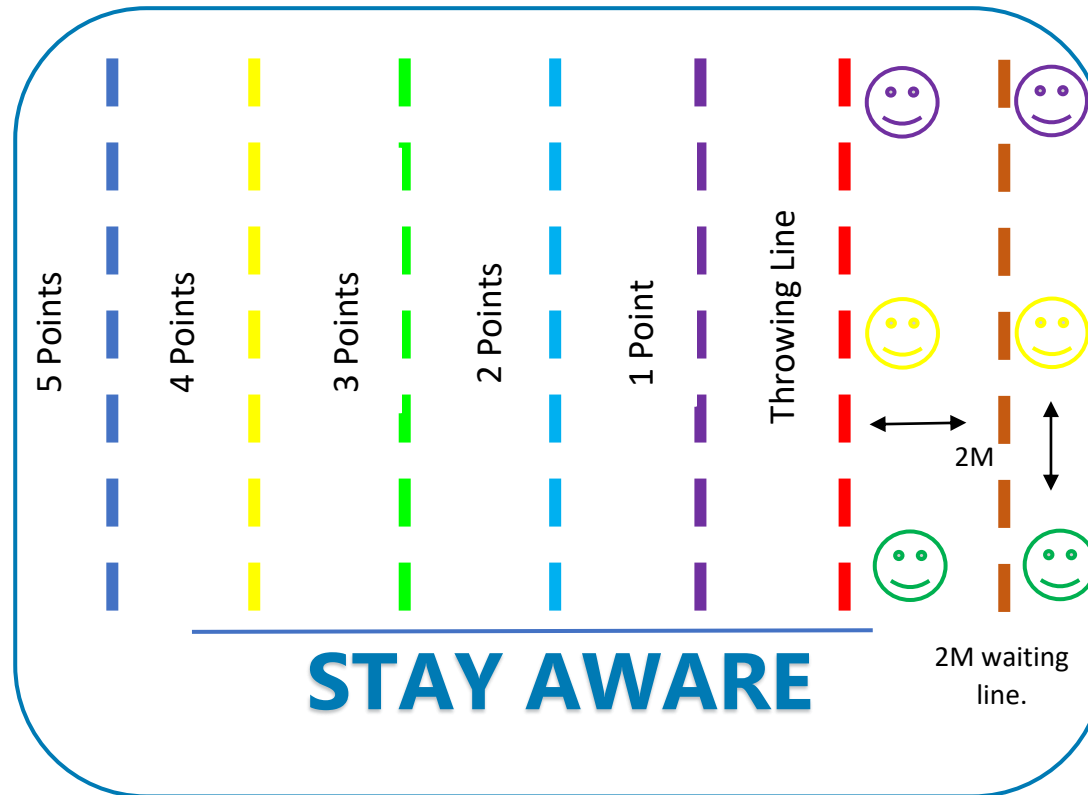
how to play:

- Pupils take it in turns and attempt to strike their cone.
- Pupils should start by using a rolling technique.
- Encourage pupils to look at their target whilst attempting to hit it.

how to set up:

- Organise pupils into groups of 2/3.
- Groups should line up at one end of the playing area.
- Use marker cones to create a throwing line and 5 target lines.

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



equipment:

- Soft Balls.
- Marker Cones.

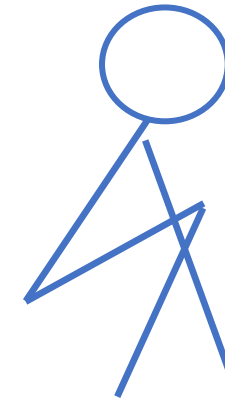
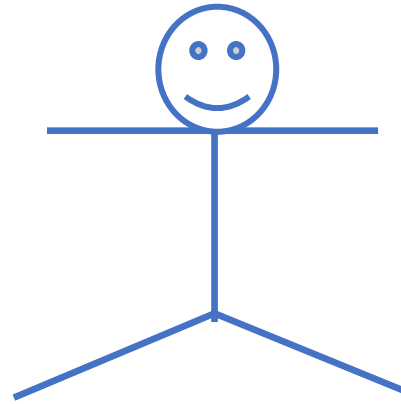
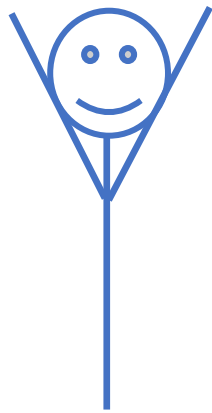
Cleanse thoroughly before & after use

how to score:

- Teams score points if they manage to throw the ball past the target lines.

how to play:

- The first player in each team steps up to the throwing line.
- Players attempt to throw their ball as far as they can.
- Pupils earn points depending on the throwing line they manage to throw their ball past.
- Players take it in turns to throw their ball.
- Ensure the pupils are kept 2m apart while waiting in their lines.



STAY AWARE

how to play:

- Ask the children to find a space to stand in so they can see you at the front of the class.
- Ask the children to copy the actions as you perform them at the front of the class:
 - Tall Stretch - Raise arms and hands high above the head; reach up onto the tip toes; stretch the body as high as possible.
 - Wide Stretch - stand in a star shape; reach arms straight out at the side of the body; spread feet so they are just over shoulder width apart; stretch as wide as possible - imagine someone is pulling each of your hands.
 - Small Stretch - crouch down into a small tuck shape; balance on feet; hold legs tight into chest.