

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:

- Footballs/netballs

Cleanse thoroughly before & after use

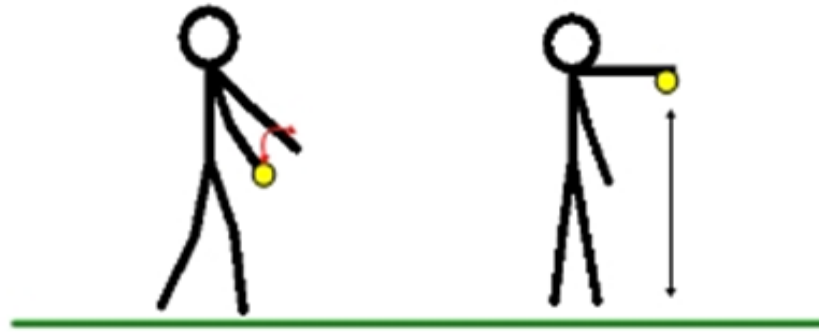
how to play:

- All pupils need a ball and to work in a space independently.
- The children should stand with feet together and the ball on the floor in front of them.
- Ask the children to keep facing forward and to roll the ball around their body while the ball is on the floor.
- On the signal change, the children should rotate the ball the opposite way around the body.
- Progression: rotate the ball on higher parts of the body, knees, waist, chest, and head.

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

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

- Footballs/ netballs / tennis balls

Cleanse thoroughly
before & after use

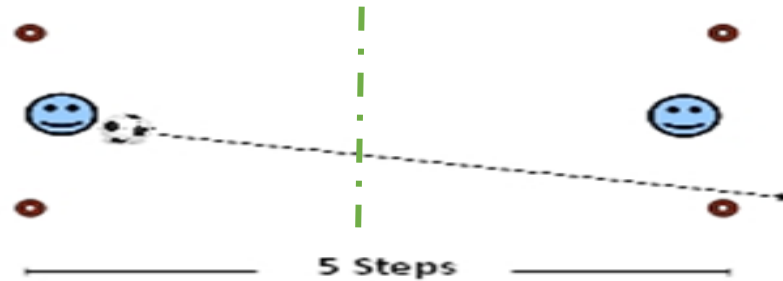
how to play:

- Each child needs a ball with them.
- While moving around the children must bounce the ball or throw and catch the ball while moving into space and watching out for others.
- Progression: add a double bounce before catching.
- Progression: throwing the ball higher or adding a clap when catching.
- Progression: change the type of ball to a smaller ball.

how to set up:

- Children work in pairs in a good space away from any other pair.
- Each pair set up a goal, using cones, at each end of their area and stand between their goal.
- Use a half way line to remind pupils to stay in their own area.

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



STAY AWARE

equipment:

- Footballs
- Cones
- Beanbags

Cleanse thoroughly
before & after use

how to score:

- If the ball goes into your opponent's goal you get a point.

how to play:

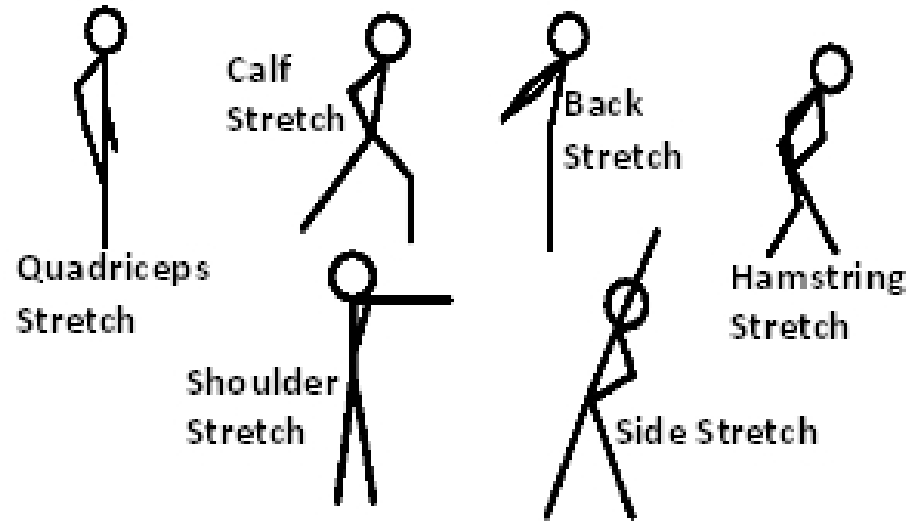
- The aim of the game is to use a bean bag or ball and score in your oppositions goals by sliding or rolling it across the line.
- The game is played 1v1 with a goal made from cones which should be 2 steps apart.
- The child with the ball or bean bag is the attacking team, they must try score.
- The child without the bean bag is the defending team they can use their hands or feet to stop the ball or bean bag from entering their goal.
- Progression: increase the distance between the goals.
- Progression: using a soft ball to kick towards the goal.
- Progression: use feet to make the passes.
- Progression: add different colour cones within each goal that will be worth more than one point.

how to set up:

- Children must find a space atleast 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 a demonstrate different stretch.
- Start your stretches at the top of the body and make your way down