

how to set up:

- The children are to find a space in the area.
- The warmup activity will require to children to work on the spot.

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



STAY AWARE

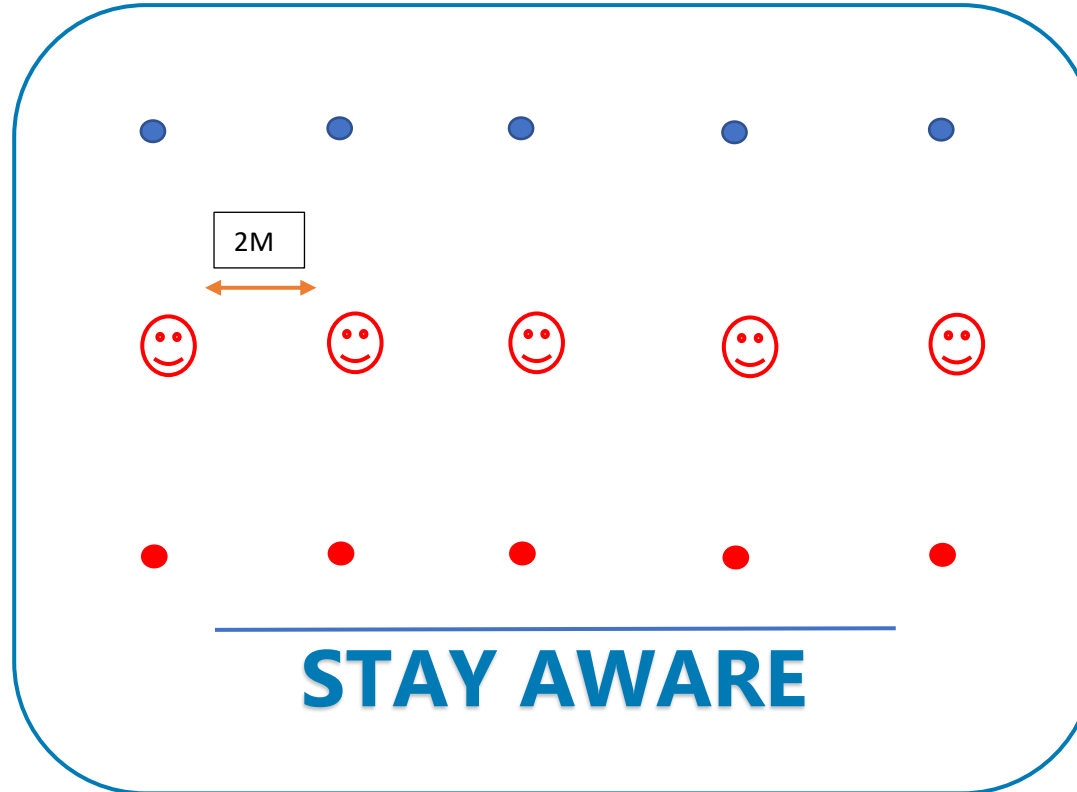
how to play:

- To begin with, the teacher will choose some actions to perform, each for 10 seconds, that the others in the class follow.
- Some examples can include jogging on the spot; star jumps; touch the floor and jump; lie down and stand up quickly; high knees; jump and turn etc.
- Choose some children to lead on some actions and keep changing the leader.

how to set up:

- Spread out 2 lines of cones.
- Children stand in the middle – they do not need to be lined up near a cone.

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

**equipment:**

- Cones to mark out 2 different sides clearly.

Cleanse thoroughly before & after use

how to score:

- React to the call and sprint to the correct side.
- The last pupil there loses a life.

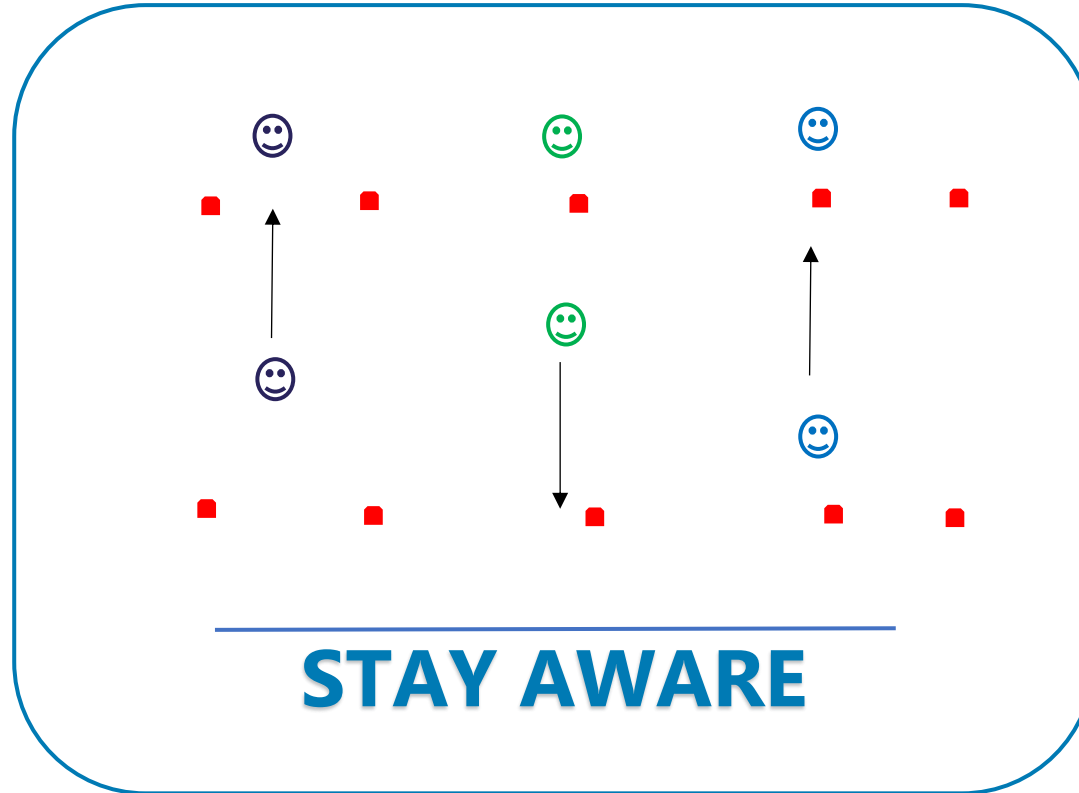
how to play:

- The teacher will call out a colour and the children must react and sprint to that side.
- Allow the children to practice a few times then make it competitive.
- If a child is last to the line, they lose a life. Everyone has 3 lives.
- Be creative and add conditions such as pointing to which side you want them to sprint, Shout random colours etc.
- Repeat the activity.

how to set up:

- The children work in pairs and take it in turns sprinting.
- Mark out an area to run between.

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



equipment:

- Cones
- Timer – Teacher
- Pen and paper

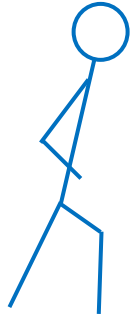
Cleanse thoroughly before & after use

how to score:

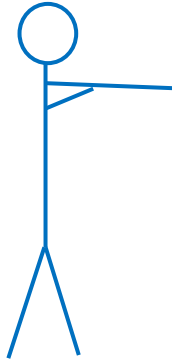
- Count how many shuttles you and your partner complete and add them together.

how to play:

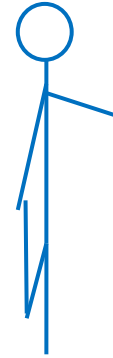
- The children take it in turns running and the other child will count how many shuttles they sprint.
- The pupil scoring must ensure they keep 2M back from the runners area.
- The children running, will start at the command and will sprint for 30 seconds, running between the lines.
- After the 30 seconds, record the score and the next child will begin on the teacher's command.
- Allow the children to have 3 turns at running the shuttles each.
- Add the scores and compare with other groups.



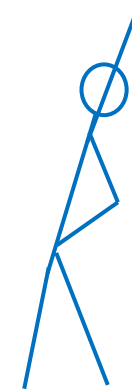
Hamstring Stretch



Arm Stretch



Quadricep Stretch



Side Stretch

STAY AWARE

how to play:

- Ask the children to stand in a space where they can see you.
- Perform a stretch for the class to follow, ask them if they know which muscle or part of the body they are stretching.
- Ask the children to think of parts of the body they have been using in the lesson and demonstrate stretches they can perform.