



**CREATE | SHARE | INSPIRE**

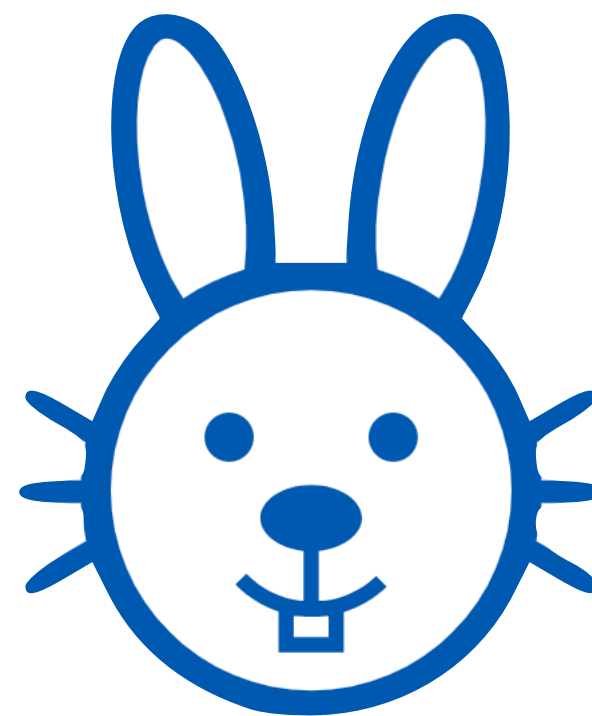
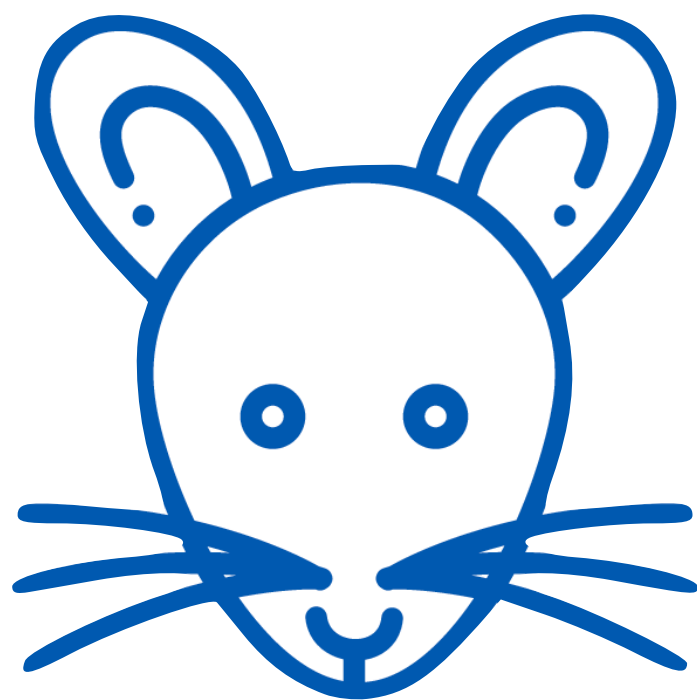


- THESE 'COVID 19' PE ACTIVITIES ARE DESIGNED FOR STUDENTS TO PLAY GAMES AND PRACTICE KEY SKILLS WHILE KEEPING A SAFE DISTANCE OF 2M APART. STUDENTS WILL NEED FREQUENT REMINDERS OF THIS THROUGHOUT.
- PLEASE ENSURE YOU ARE FOLLOWING BOTH THE PUBLIC HEALTH OFFICIAL ADVICE AND GUIDANCE ON 'COVID 19 'IN ADDITION TO THE SCHOOL'S HEALTH AND SAFETY POLICIES AND PROCEDURES.
- GOOD HYGIENE PRACTICES, FREQUENT HAND WASHING AND EQUIPMENT SANITISATION ARE VITAL PREREQUISITES TO CARRYING OUT THESE ACTIVITIES.

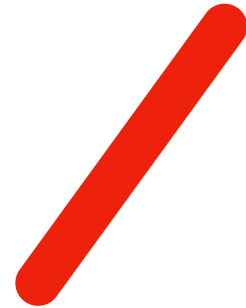


# KEY STAGE 1

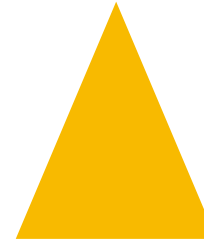
# NOODLE RATS & RABITS



# WHAT YOU NEED



1 NOODLE PER STUDENT



2 CONES PER STUDENT

# HOW TO PLAY

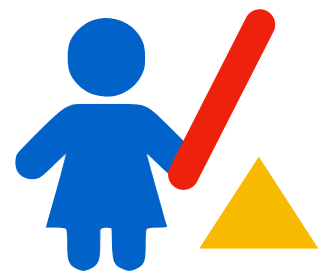
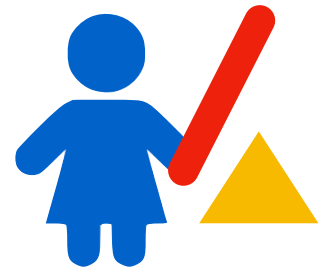
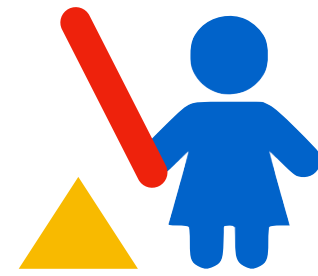
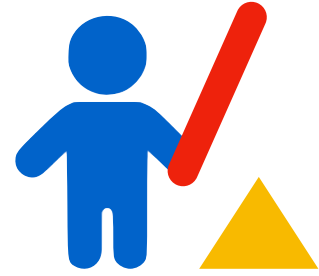
- GAME STARTS WITH THE RATS AND RABBITS STANDING WITH THEIR BACKS TO EACH OTHER.
- TEACHER WILL SHOUT "RATS" or "RABBITS".
- IF THE "RATS" ARE CALLED, THE RATS AIM TO RUN TO SAFETY AND THE RABBITS AIM TO TAG THEM WITH THEIR NOODLE
- IF THE "RABBITS" ARE CALLED, THE RABBITS AIM TO RUN TO SAFETY AND THE RATS AIM TO TRY AND TAG THEM WITH THEIR NOODLE
- AFTER EVERY 2 ROUNDS RATS AND RABBITS FIND A NEW PARTNER TO PLAY WITH.

# NOODLE RATS & RABBITS

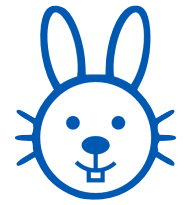
SAFETY



RATS



RABBITS

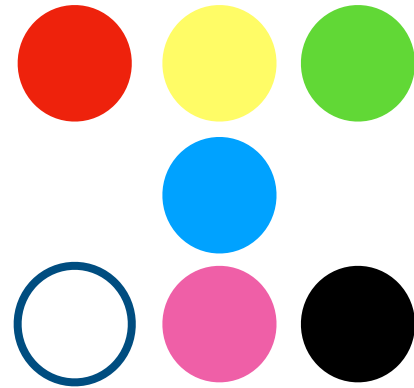


SAFETY

# MEMORY GAME



# WHAT YOU NEED

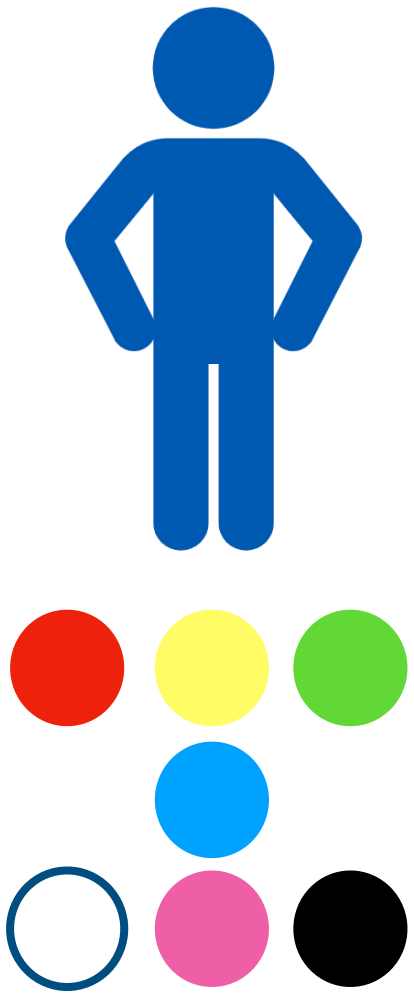


1 SET OF COLOURED CONES PER TEAM

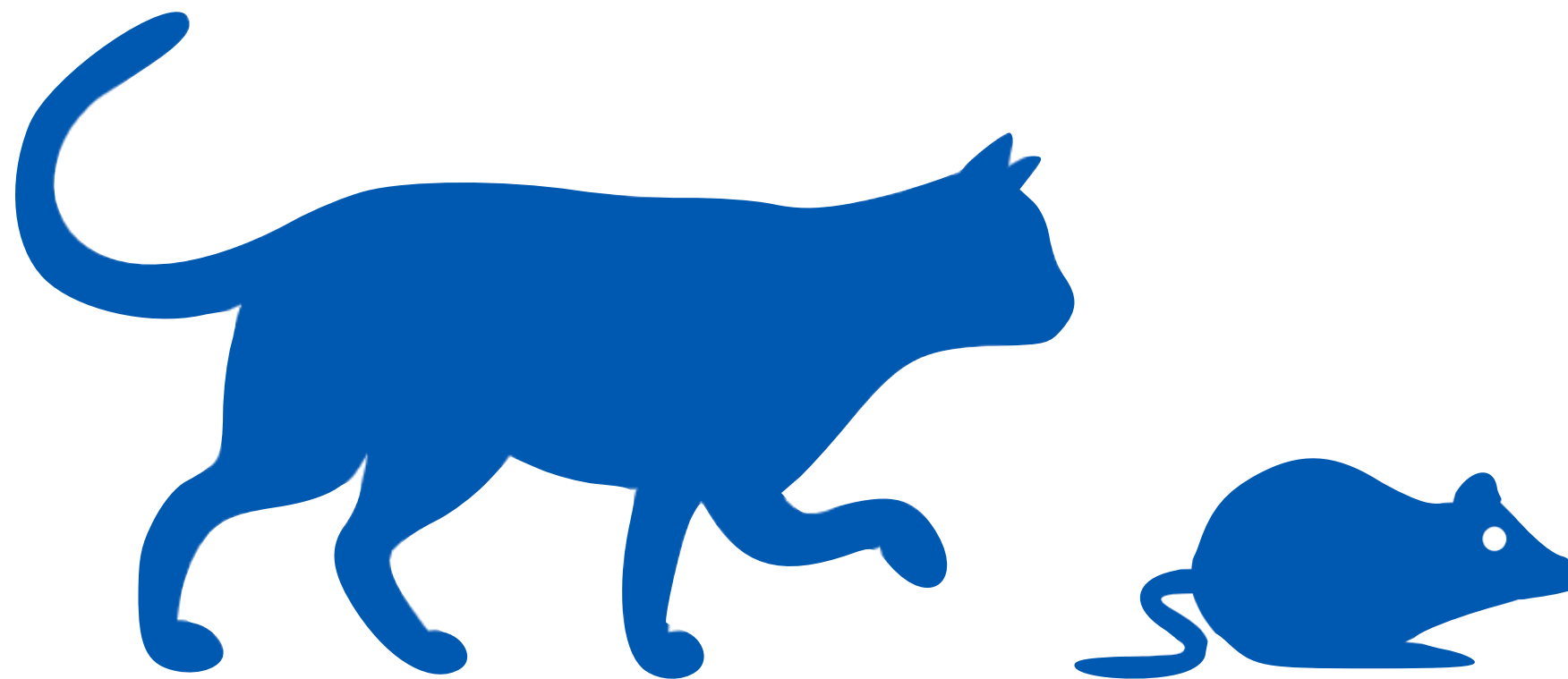
# HOW TO PLAY

- THE AIM OF THE GAME IS TO REPLICATE THE TEACHERS SEQUENCE OF MOVEMENTS
- STUDENTS WORK IN TEAMS OF 2
- IF A STUDENT GETS THE SEQUENCE WRONG THE WHOLE TEAM (OF 2) MUST PERFORM 10 STAR JUMPS AND THEN THE STUDENT SITS OUT.
- IF BOTH STUDENTS GET IT WRONG THE TEAM ARE OUT
- THE GAME STOPS WHEN THERE IS ONLY 1 TEAM LEFT

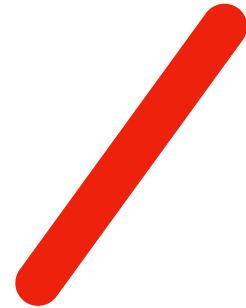




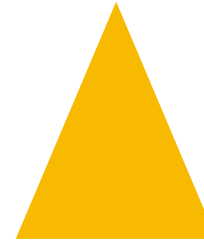
NOODLE  
CAT & MOUSE



# WHAT YOU NEED



1 NOODLE PER STUDENT



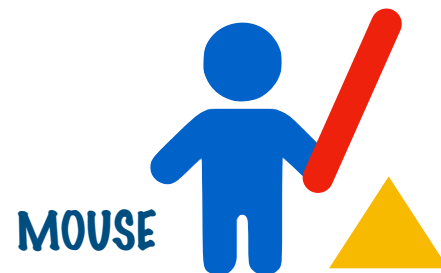
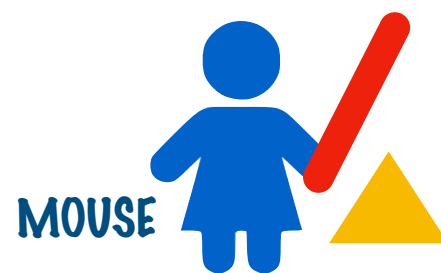
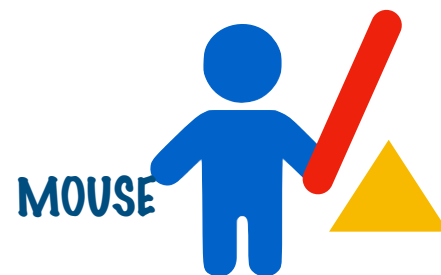
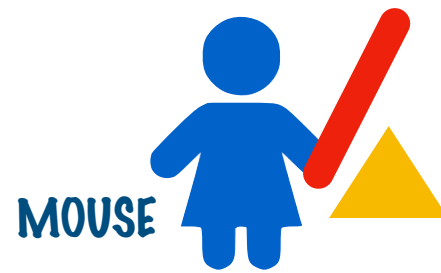
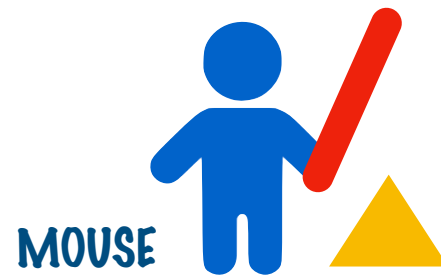
3 CONES PER TEAM (2 STUDENTS)

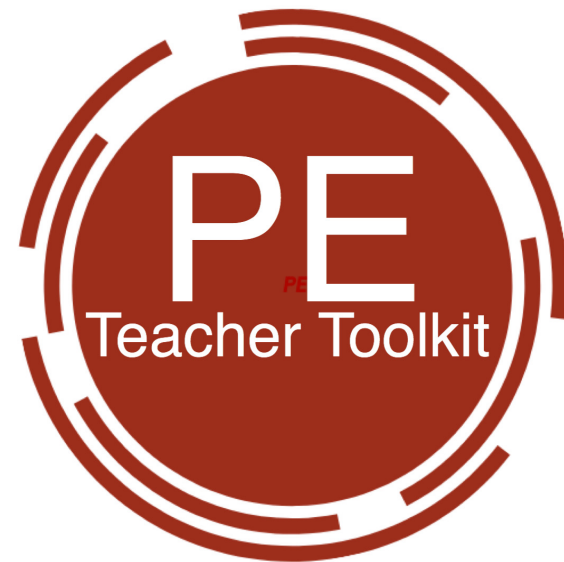
# HOW TO PLAY

- GAME STARTS WITH CATS STANDING WITH THEIR BACKS TO THE MICE.
- TEACHER WHISPERS TO THE MICE -READY SET GO.
- MICE NEED TO SNEAK UP ON THE CATS AND TIP THEM WITH THEIR NOODLE.
- ONCE CATS GET TAGGED WITH NOODLE THEY CHASE THE MICE IN EFFORT TO TAG THEM WITH NOODLE.
- THE MICE NEED TO RUN BACK TO SAFETY.
- AFTER EVERY 2 ROUNDS CATS AND MICE FIND A NEW PARTNER TO PLAY WITH.

# NOODLE CAT & MOUSE

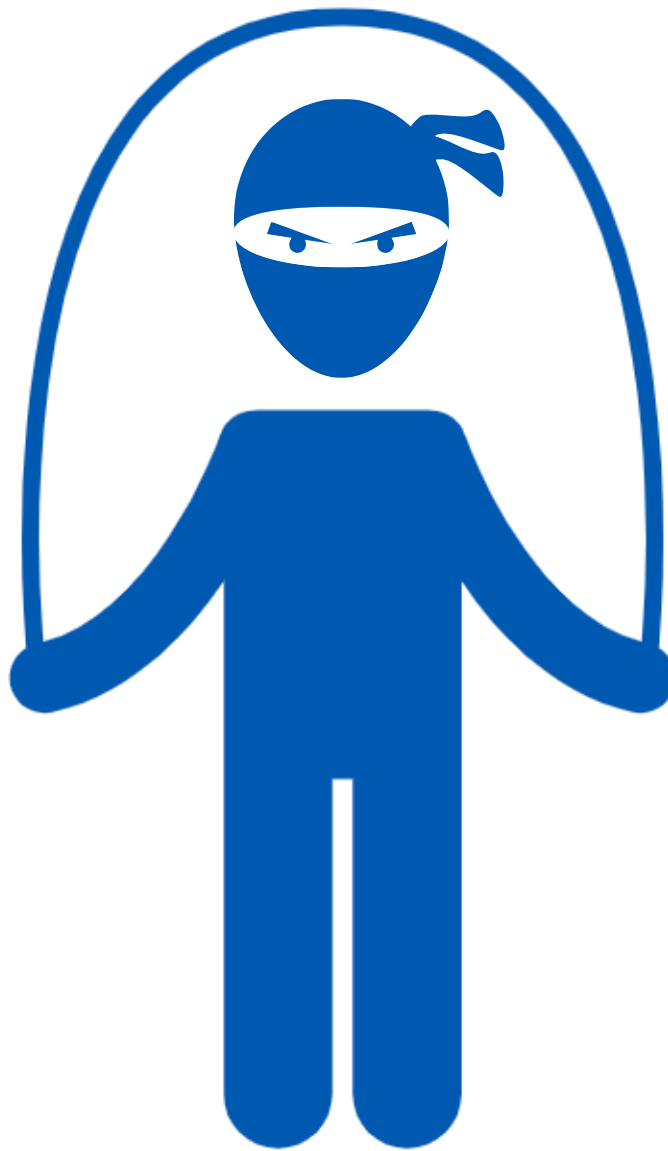
SAFETY





# KEY STAGE 2

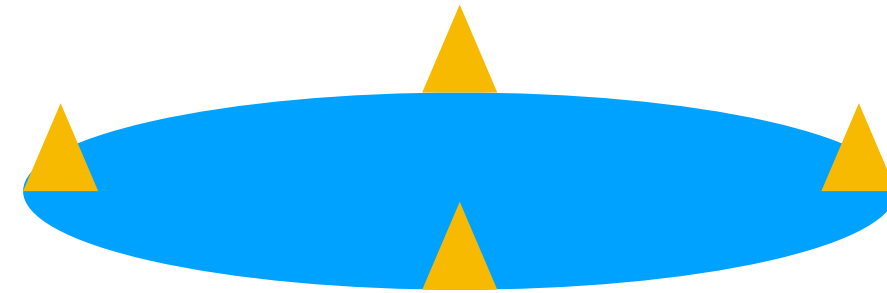
# NINJA SKIPPING CHALLENGE



# WHAT YOU NEED



1 SKIPPING ROPE PER STUDENT



1 LARGE SAFE SPACE TO PLAY  
(all students must have more than 2 meters square to practice in)

# HOW TO PLAY



The aim of the game is for the students reach the highest belt possible for their age grade,

Firstly students will need to find a large safe space to perform their skipping challenge.

Students must start at the white belt challenge before they can progress to the next colour.

Students can not skip a colour whilst progressing to the hardest belt (black).

## YEAR 3



## YEAR 4



## YEAR 5



## YEAR 6

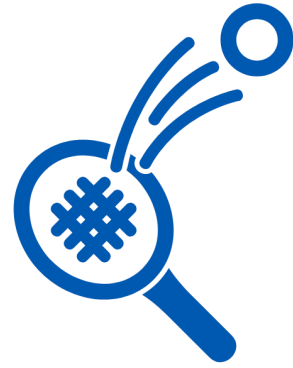




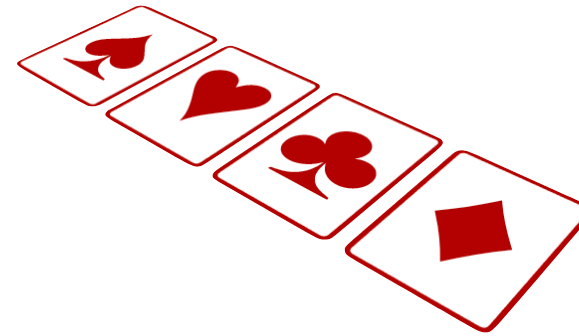
# 'HIT IT UP' CHALLENGE



# WHAT YOU NEED



1 TENNIS RACKET AND TENNIS BALL PER STUDENT

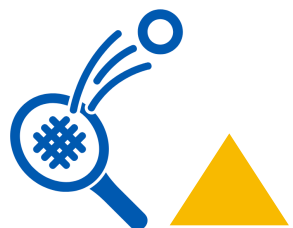
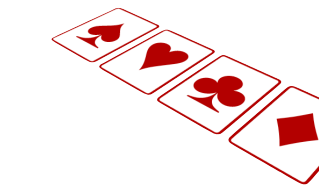
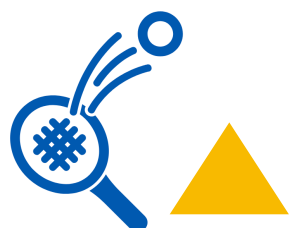
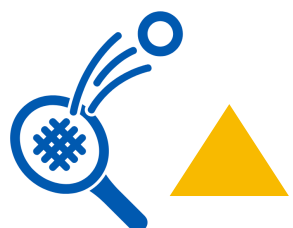
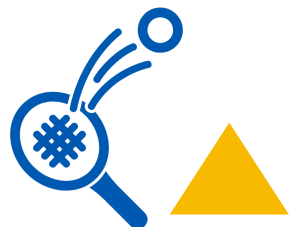


1 PACK OF PLAYING CARDS PER STUDENT

# HOW TO PLAY

- SET UP CONES AND CARDS LIKE SHOWN IN PICTURE ABOVE
- 'ON YOUR MARK GET SET GO' - PLAYERS RUN TO THE CONE, COLLECT A CARD AND RUN BACK TO THEIR STARTING POINT
- EACH PLAYER READS THE NUMBER ON THEIR CARD AND COMPLETES THIS NUMBER OF HIT UPS ( HITTING THE TENNIS BALL UP IN THE AIR WITH THEIR HAND)
- WHEN YOU COMPLETE YOUR HIT UPS, STACK THE CARD BESIDE YOUR CONE AND RUN TO PICK UP ANOTHER CARD.
- CONTINUE TO PLAY UNTIL ALL THE CARDS ARE GONE. THE WINNER IS THE PERSON WHO COLLECTS THE MOST CARDS.

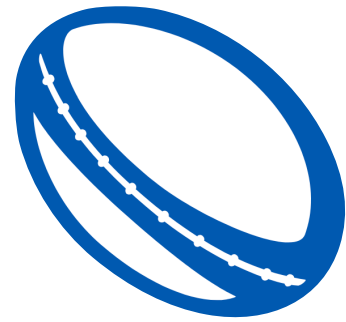
# 'HIT IT UP' CHALLENGE



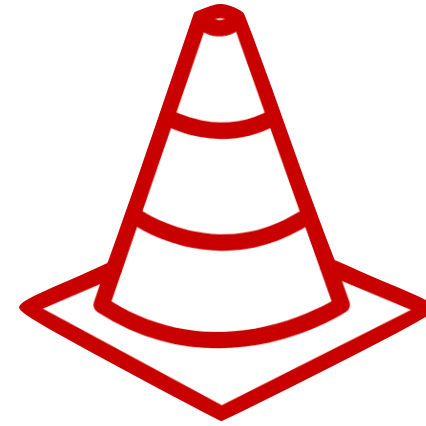
# TEAM VS RUNNER



# WHAT YOU NEED



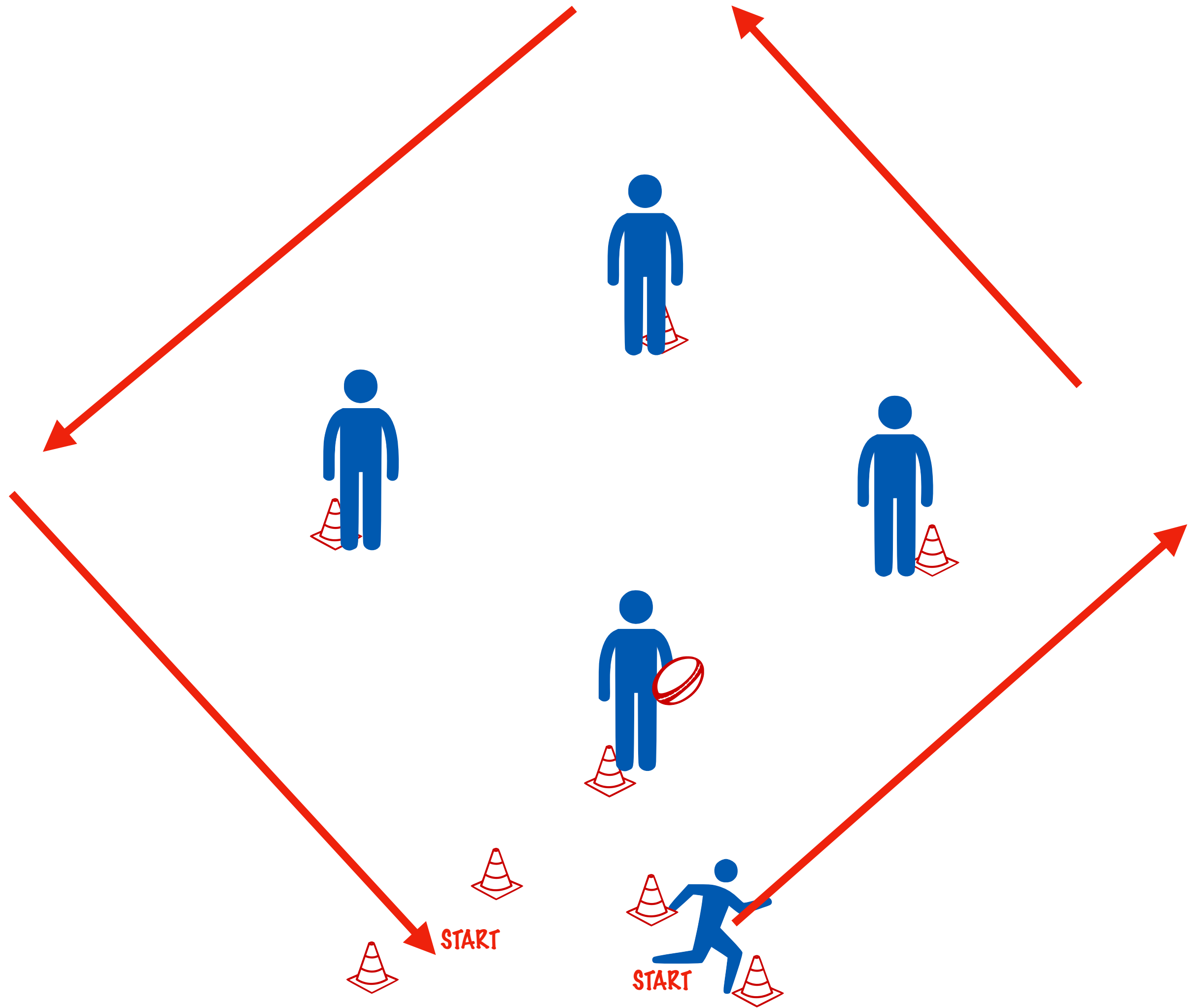
1 RUGBY BALL PER GROUP



3 CONES PER GROUP

# HOW TO PLAY

- 4 PLAYERS (TEAM) FORM A SQUARE AS PER DIAGRAM BELOW.
- THE RUNNER POSITIONS HIM/HERSELF OUTSIDE THE SQUARE LIKE SHOWN.
- THE TEAM AIMS TO PASS THE BALL AROUND THE SQUARE FASTER THAN THE RUNNER CAN RUN AROUND.
- IF THE TEAM ARE SLOWER AT GETTING THE BALL ALL AROUND OR DROP THE BALL THEY LOSE AND MUST DO 10 STAR JUMPS.
- IF THE RUNNER IS SLOWER THAN THE TEAM COMPETING THE TASK, THE RUNNER DOSE 10 STAR JUMPS.
- EACH MEMBER OF THE GROUP TAKES ONE TURN AT BEING THE RUNNER.





# KEY STAGE 3

# FOOTBALL GOLF





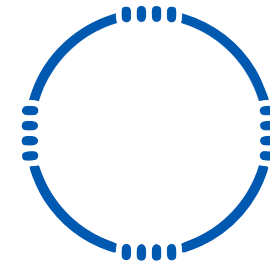
# WHAT YOU NEED



1 FOOTBALL PER STUDENT



FLAG AND POLE AS PER SIZE OF COURSE



HOOLA HOOP AS PER SIZE OF COURSE

# HOW TO PLAY

**OBJECTIVE:** to get the football into the HOLE in the least amount of kicks.

- Students to work/travel in pairs but abide by 2m rule.
- Kick the ball from the Tee/cone (this counts as students first kick)
- Once the ball has landed and is static, student must kick towards the direction of the flag.
- This is repeated until the ball is in the whole.
  
- If the ball is kicked out of the boundary line, student retrieves it and places it on the boundary line where it went out. This is known as out of bounds and student must add an extra '1' to their score for the penalty.
- Students should only start the next whole when the pair in front have finished.

# VARIATIONS OF FOOTBALL GOLF



Frisbee Golf



Golf



Tennis Golf

# ATHLETICS

ENSURE 2M DISTANCE IS MAINTAINED THROUGHOUT.



Available on our twitter profile

### LONG JUMP

Jump no.	Distance
Jump. 1	
Jump. 2	
Jump. 3	

**WORLD RECORDS**  
**MEN** 8.95m  
**WOMEN** 7.52m

**Peer Assessment**

	🥇	🥈	🥉
Run as fast as possible			
Clean take off on one foot			
Drive spurs leg up and lift arms up			
Shoot legs forward to get more distance to your jump			
Land on two feet with weight forward			

**APPROACH**  
 • Gradually get faster as you approach the board.  
 • Use sprinting technique.

**TAKE OFF**  
 • Take off from one foot.  
 • Lead leg knee and opposite arm should swing up.  
 • Look ahead, not at the board or the sand.

**FLIGHT**  
 • Extend arms and legs into a banana shape position.  
 • The swing arms down and lift legs up in preparation to land.

**LANDING**  
 • Bend knees to soften impact.  
 • Bring arms forward to stop yourself falling backwards.

### SHOT PUT

Throw no.	Distance
Throw. 1	
Throw. 2	
Throw. 3	

**WORLD RECORDS**  
**MEN** 23.12m  
**WOMEN** 22.63m

**Peer Assessment**

	🥇	🥈	🥉
Shot held at finger tips not palm			
Clean palm, dirty neck			
Weight over back foot: chin, knee, toe			
Feet and hips at 90 degrees to shoulders, facing the side			
Non-throwing arm up for balance at 45 degrees trajectory line			
Drive hip to the front, transferring weight			
Fixed elbow remains high			
Enters and leaves through the back of the circle			

**STAGE 1**  
 • Keep your shot put on your fingers.  
 • Set up your stance with your toe, knee and chin line.  
 • Feet and hips at 90 degrees to shoulders.  
 • Non-throwing arm up for balance and trajectory.

**STAGE 2**  
 • Drive your hips to the front to transfer your bodyweight (this is crucial as power is generated here).

**STAGE 3**  
 • With a high elbow release the shot by punching your hand into the air.  
 • Make sure to release the shot at roughly a 45 degree angle to ensure the best trajectory.

### JAVELIN

Throw no.	Distance
Throw. 1	
Throw. 2	
Throw. 3	

**WORLD RECORDS**  
**MEN** 98.48m  
**WOMEN** 78.28m

**GRIP TECHNIQUE**

**Peer Assessment**

	🥇	🥈	🥉
Run up "11 using one"			
Body side on throw			
Throwing arm parallel to the ground and straight			
Javelin held at an angle with the point in line with your nose			
Weight transferred to the front, driving from the hips			
Arm brought forwards quickly (not throw motion) allow knee high and javelin released above the head			

**APPROACH**  
 • Hold the Javelin horizontally.  
 • Maintain control as you accelerate.  
 • Use your sprint to generate power.

**THE PULL BACK**  
 • Pull the javelin back with a straight arm.  
 • Throwing arm should be parallel to the ground.  
 • Javelin held at an angle.

**THE THROW**  
 • Weight is transferred to the front foot as it plants, driving the hips forwards.  
 • Arm is brought forwards quickly in a pull throw motion to release the javelin above the head.

### SPRINTING

Run no.	Distance / Time
Run. 1	
Run. 2	
Run. 3	

**WORLD RECORDS**  
**MEN 100 meter sprint** 9.56 sec  
**WOMEN 100 meter sprint** 10.49 sec

**Peer Assessment**

	🥇	🥈	🥉
Correct starting position			
Low drive phase			
Strong arm pump			
Rolling on the balls of their feet			
High knee drive			
Arms are in line with the body			

**SPRINT STARTS**

**DRIVE PHASE**  
 • Keep low and lean forward  
 • Drive front back leg  
 • On the ball of the foot  
 • Arms pump

**STRIDE PHASE**  
 • Search transition from drive phase  
 • Body becomes more upright  
 • Drive leg forward off on ball of foot

**LIFT PHASE**  
 • Flow at maximum speed  
 • Body upright  
 • High knee drive  
 • Feet are moving in a straight line, not sideways

### DISCUS

Throw no.	Distance
Throw. 1	
Throw. 2	
Throw. 3	

**WORLD RECORDS**  
**MEN** 74.08m  
**WOMEN** 76.80

**Peer Assessment**

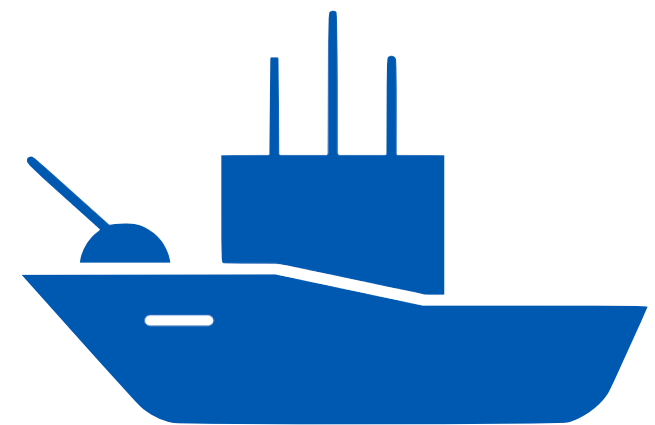
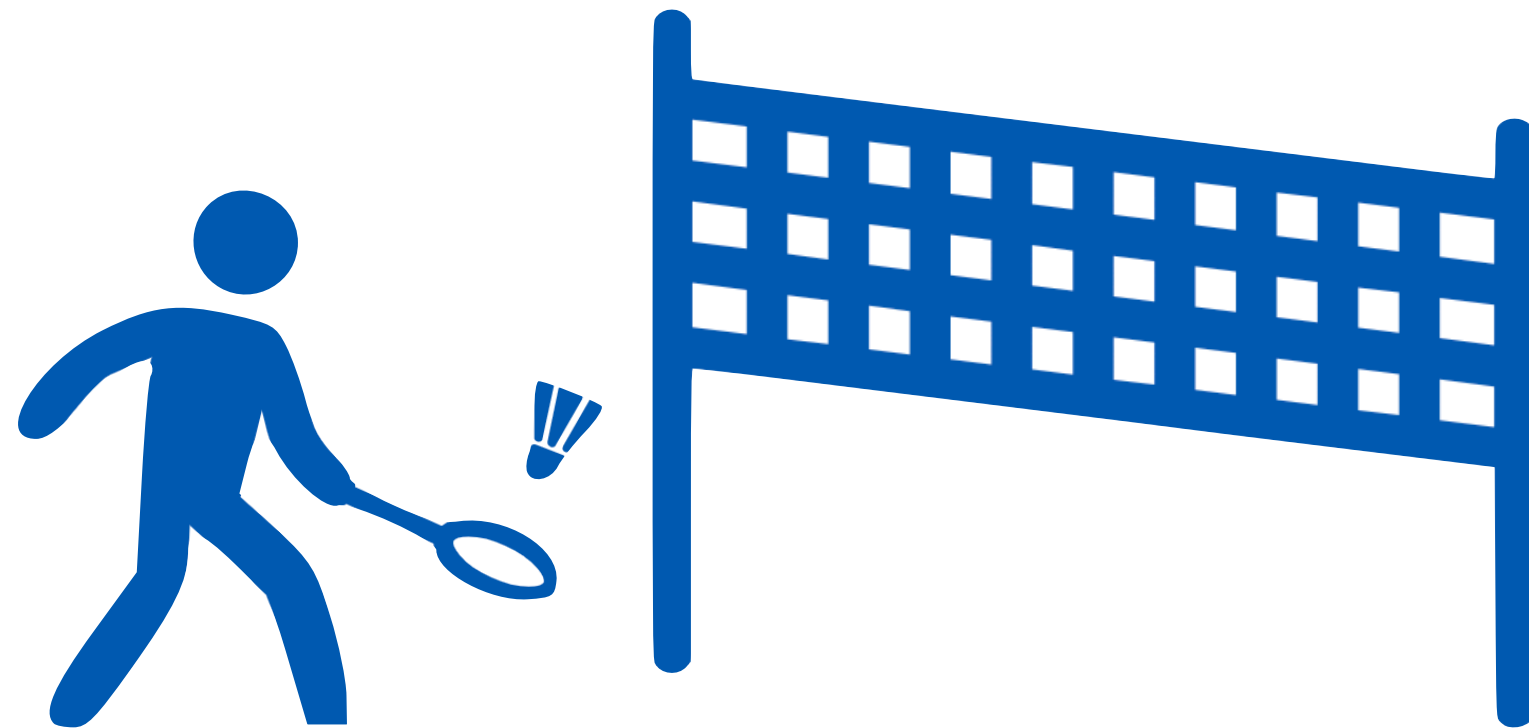
	🥇	🥈	🥉
Fingers spread around the discus and curled over the rim			
Side on stance with feet shoulder width apart, front toe in line with back foot			
Ko take hip through, followed by the arm			
Transfer weight onto front leg during low to high movement			
Release discus at shoulder height with head, hip into the sky and follow through			
Index finger is the last thing to touch the discus			

**THE GRIP**  
 • Place the throwing hand on top of the discus  
 • Spread the fingers evenly but not stretched  
 • Fingertips curling over the rim of the discus  
 • Do not grip the discus

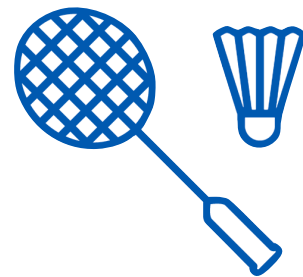
**PREPARATION**  
 • Stand side on with the upper body facing away from the direction of the throw  
 • Chin, knee, toe all in line  
 • Practice throwing discus going low to high

**THE RELEASE**  
 • Transfer weight from back foot to front foot  
 • Release the discus at shoulder height with speed, high into the sky and follow through  
 • Discus is released out of the hand

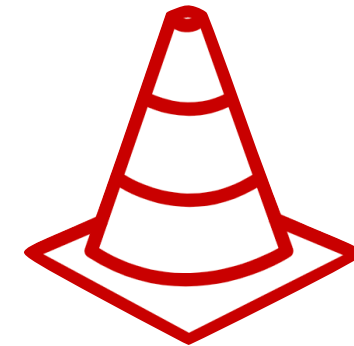
# BADMINTON BATTLESHIPS



# WHAT YOU NEED



1 BADMINTON RACKET AND SHUTTLE COCK PER  
STUDENT



6 CONES PER STUDENT

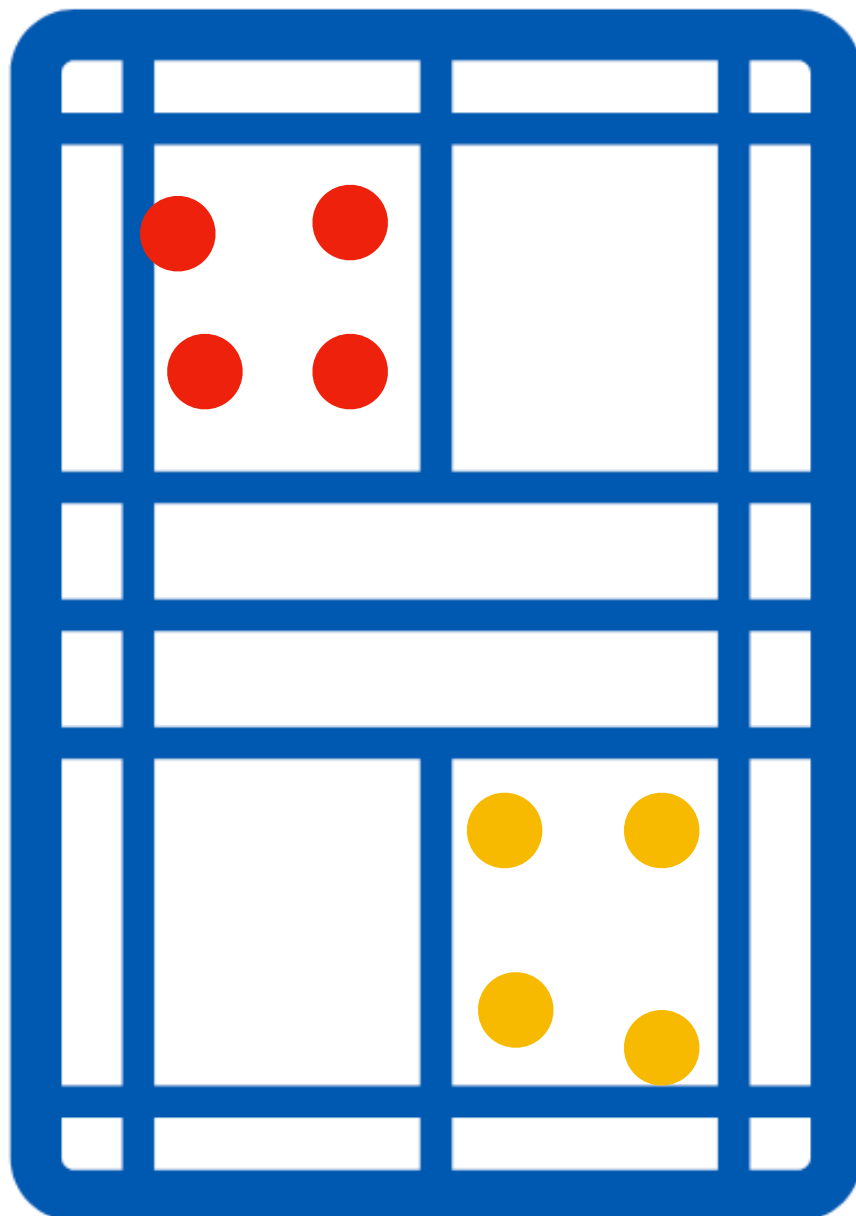
# HOW TO PLAY

## GAME 1

Scatter your cones in the service box and as the cones are hit, move them to the side.

## WINNER

Winner is the player who can hit all the opposition cones first.



## GAME 2

Create 2/3 ships and locate them around the service box. Remove a cone from the ship every time they are hit.

## WINNER

Winner is the player who can hit all the oppositions ships first.

