



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

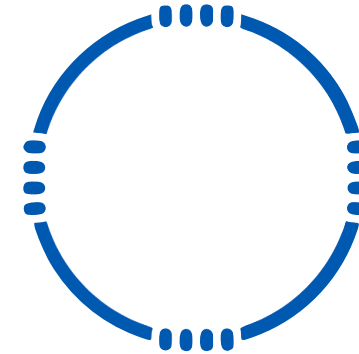
MIRRORING



WHAT YOU NEED



TASK CARDS



1 HULA HOOP PER STUDENT

HOW TO PLAY

- THE AIM OF THE GAME IS FOR STUDENTS TO BE ABLE TO OBSERVE THEIR PARTNER'S ACTIONS/MOVEMENTS AND BE ABLE TO REPLICATE THEM.
- STUDENTS WILL WORK IN PAIRS BUT STAY IN THEIR HULA HOOPS AT ALL TIMES (2 METERS APART).
- STUDENTS WILL TAKE IT IN TURNS TO BE THE LEADER, THEY CREATE THEIR OWN MOVEMENT OR TAKE INSPIRATION FROM THE ACTION CARDS.
- THE PARTNER MUST THEN MIRROR/REPLICATE THE LEADER.

EXTENSION

- LEADERS TO LINK 2 OR 3 ACTIONS TOGETHER TO FORM A SHORT SEQUENCE WHICH IS THEN MIRRORED BY THEIR PARTNER.
- THESE COULD THEN BE SHOWN TO THE REST OF THE CLASS AT THE THE END IN THE FORM OF A PERFORMANCE.

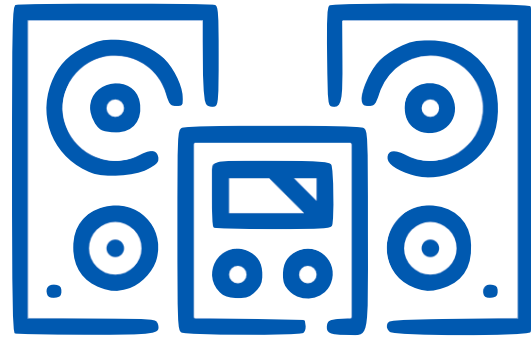
TASK CARD



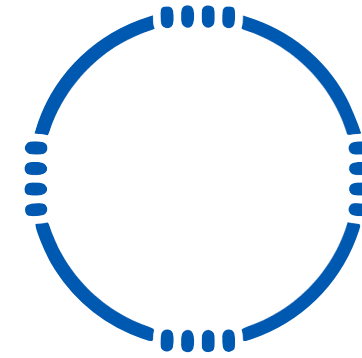
HULA HOOP MUSICAL STATUES



WHAT YOU NEED



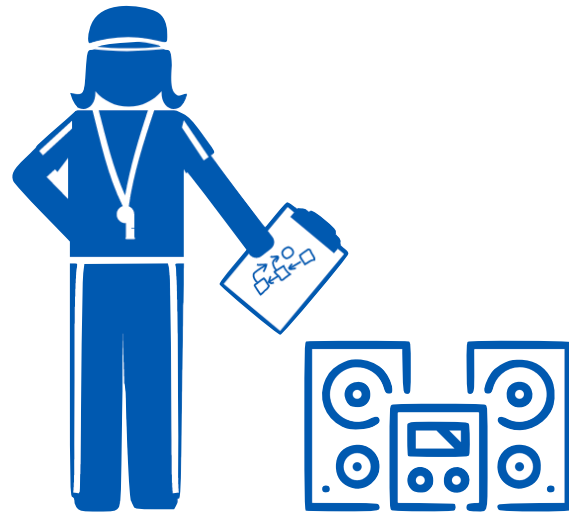
1 AUDIO SYSTEM



1 HULA HOOP PER STUDENT

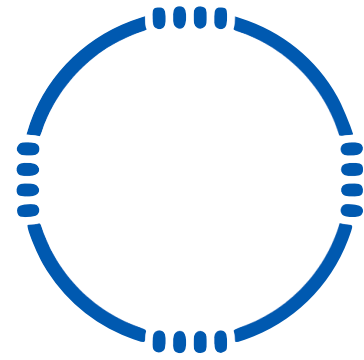
HOW TO PLAY

- THE AIM IS TO ENCOURAGE FREE EXPRESSION AND TO PROMOTE THE ENJOYMENT OF MOVEMENT TO MUSIC.
- WHEN THE MUSIC STOPS, THE STUDENTS FREEZE LIKE A STATUE - TEACHER PICKS THE 'BEST STATUE EACH ROUND.
- ENSURE PLAYLIST HAS FASTER AND SLOWER SONGS TO PROMOTE DISCUSSION ON FAST AND SLOW MOVEMENTS.
- THEMES CAN ALSO BE INCLUDED 'FREEZE LIKE AN ANIMAL, SUPERHERO ETC.





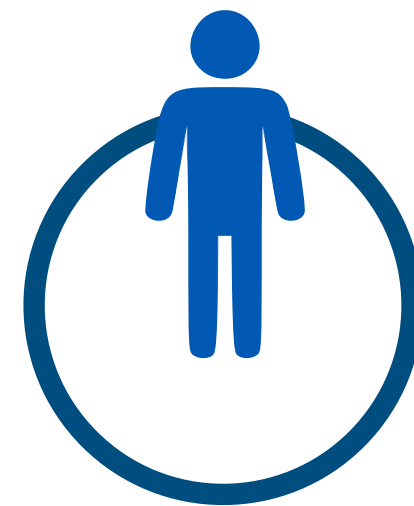
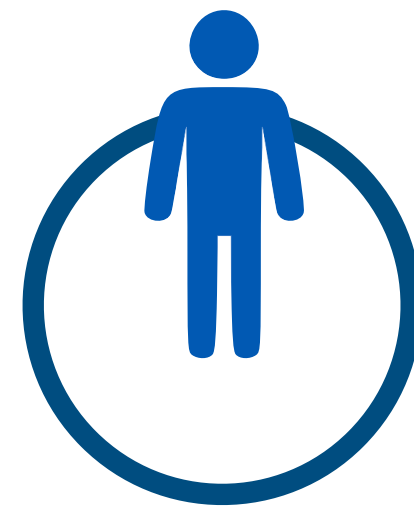
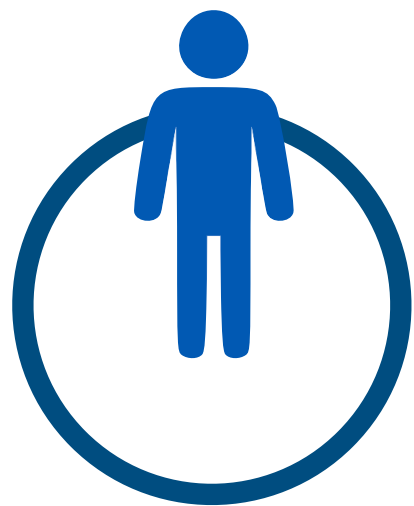
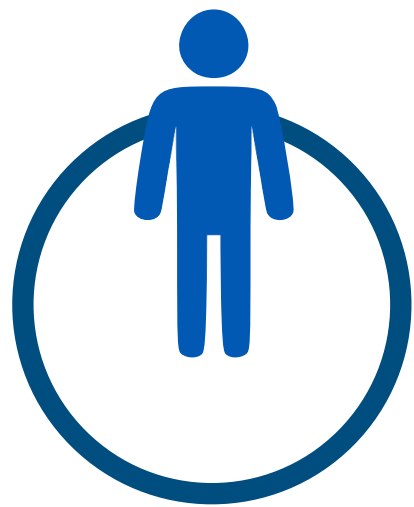
WHAT YOU NEED

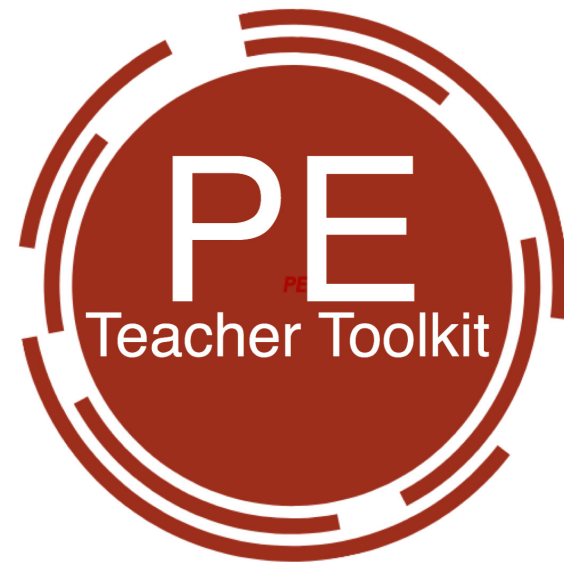


1 HULA HOOP PER STUDENT

HOW TO PLAY

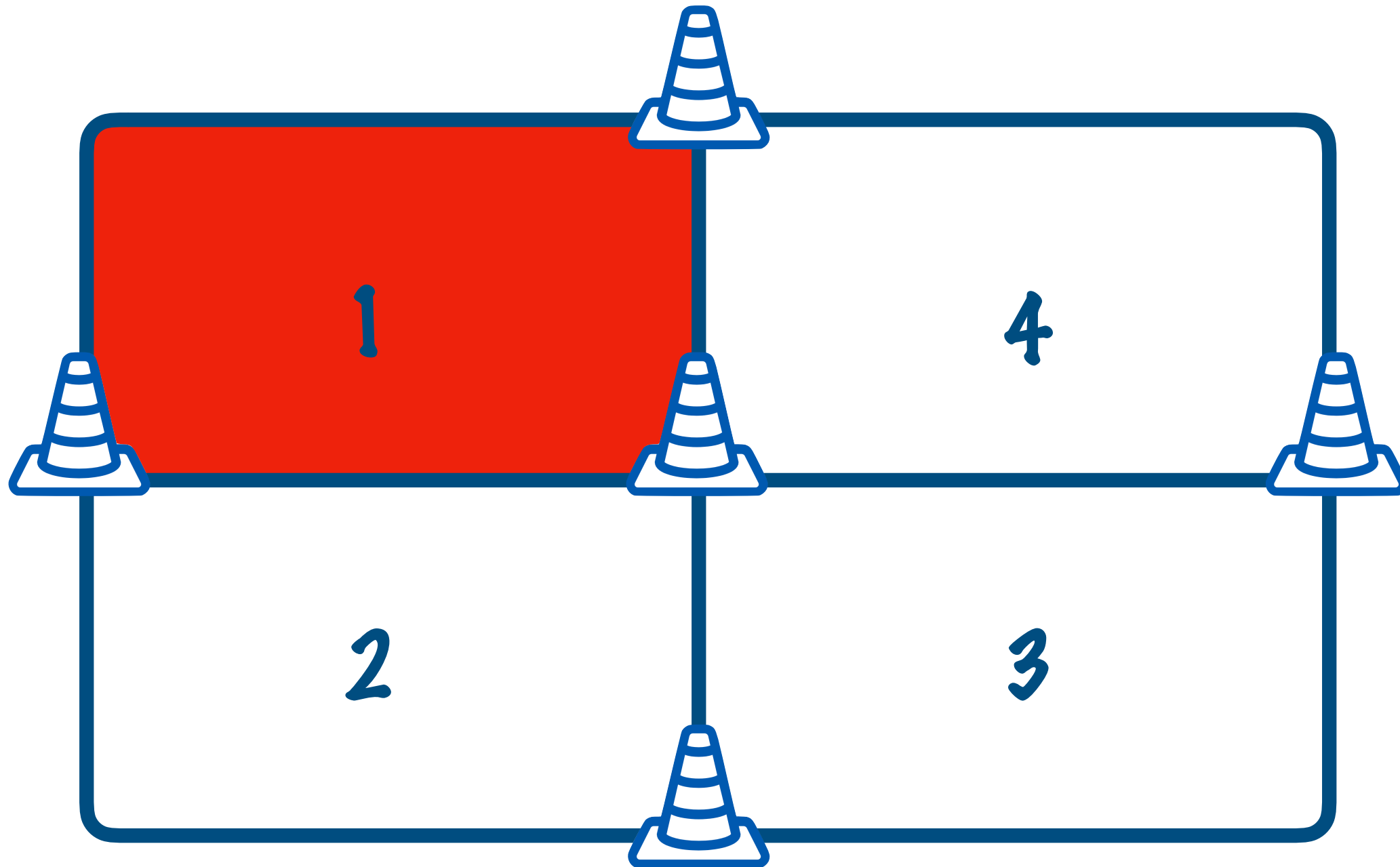
- THE AIM OF THE GAME IS TO TEST THE STUDENTS LISTENING AND REACTIONS.
- IF APPROPRIATE LET THE STUDENTS TAKE IT IN TURNS TO BE SIMON, IF NOT THE TEACHER CAN MAINTAIN THAT ROLE.
- ALL STUDENTS MUST STAY IN THEIR HULA HOOPS AT ALL TIMES AND REPLICATE THE INSTRUCTIONS FROM THEIR ZONE.
- STUDENTS SHOULD BE AWARDED 1 POINT EVERY TIME THEY GET ONE RIGHT AND 1 POINT DEDUCTED EVERY TIME THEY GET ONE WRONG.





KEY STAGE 2

BALLOON FOUR SQUARE



WHAT YOU NEED



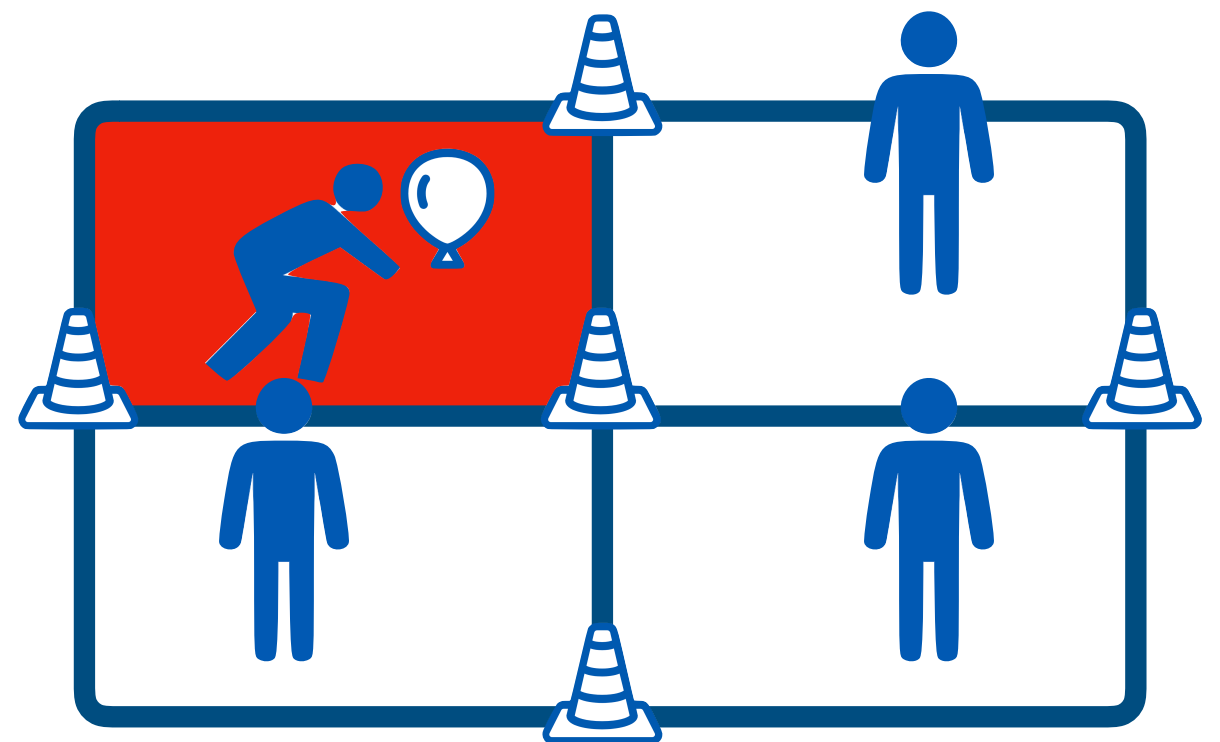
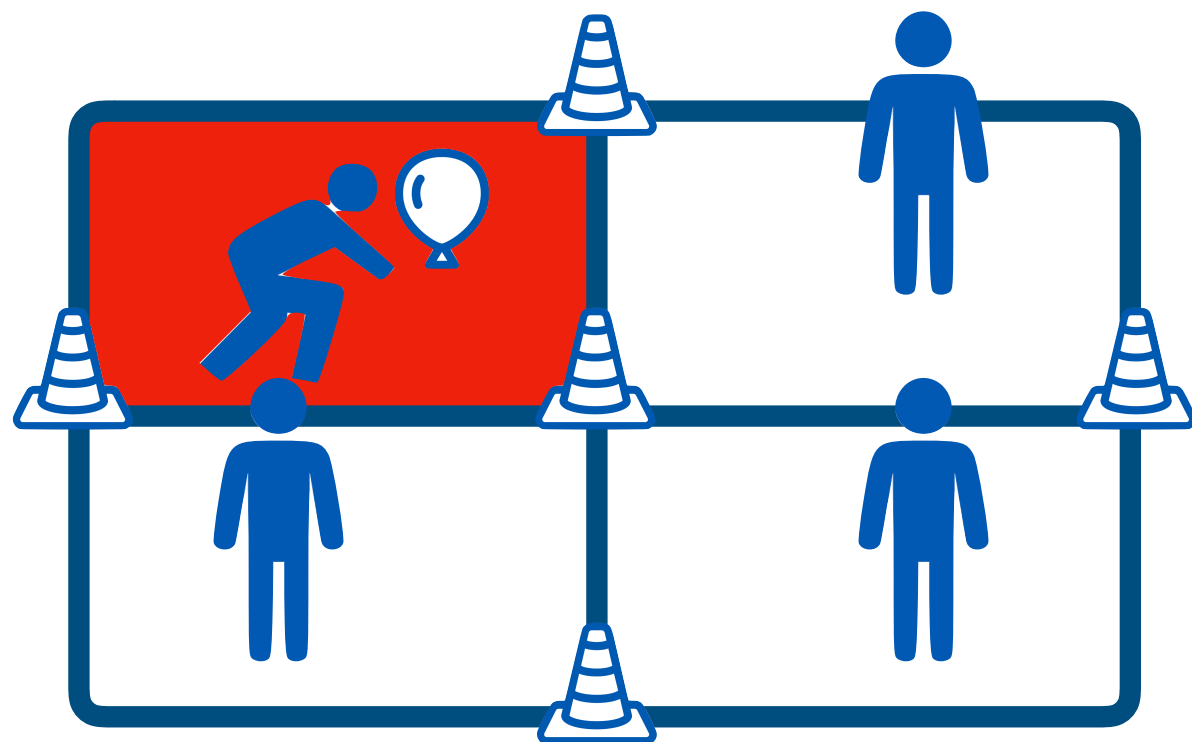
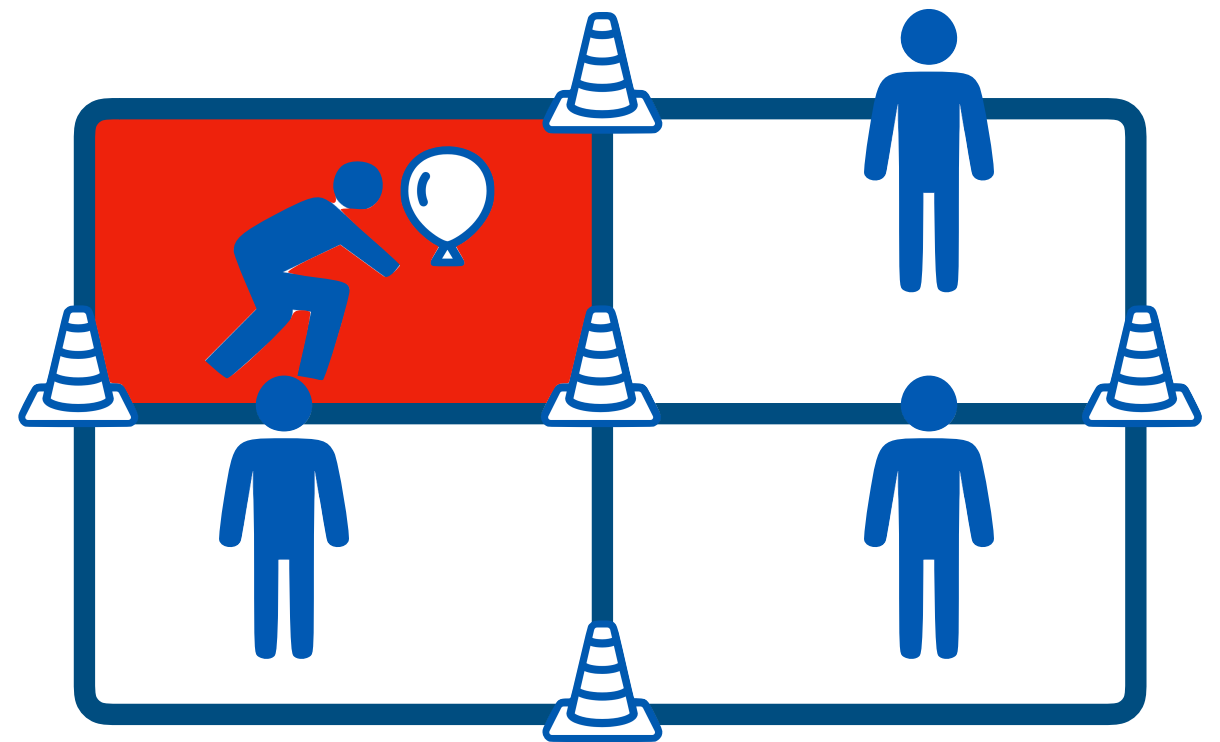
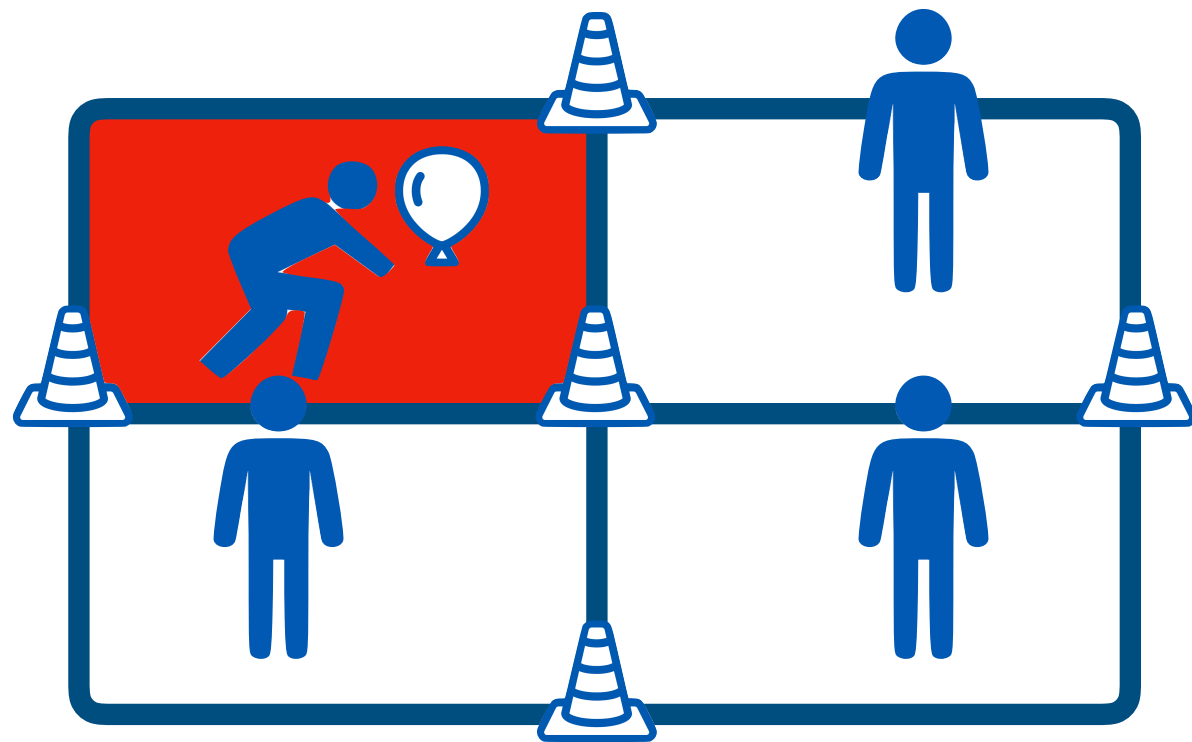
1 BALLOON PER GROUP



5 CONES PER GROUP OF 4 STUDENTS

HOW TO PLAY

- THE AIM OF THE GAME IS TO SCORE MORE POINTS THEN YOUR 3 OPPONENTS.
- EVERYONE ROTATES TO THEIR RIGHT WHEN ANYBODY SCORES A POINT.
- STUDENT IN THE RED ZONE ALWAYS SERVES AND MUST SERVE TO ZONE 2.
- THE BALLON CANNOT TOUCH THE FLOOR INSIDE THE ZONES, IF IT DOES THE PLAYER IN THAT ZONE LOSES A POINT (1 BOUNCE IS ALLOWED IN VOLLEYBALL OR TENNIS 4 SQUARE)
- IF STUDENT HITS THE BALLON INTO CORRECT ZONE AND OPPONENT CANNOT HIT IT BEFORE IT TOUCHES THE FLOOR, THE STUDENT TO HIT THE BALLON ALSO RECEIVES 1 POINT WHILST THE OPPONENT LOSES 1 POINT.
- THE GAME ENDS AFTER 6 MINUTES WITH THE WINNER BEING THE ONE WITH THE MOST POINTS.
- STUDENTS CAN EITHER, PLAY AGAIN, PLAY WITH OTHER STUDENTS OR PLAY ONE OF THE VARIATIONS OF THE GAME AS SHOWN BELOW.



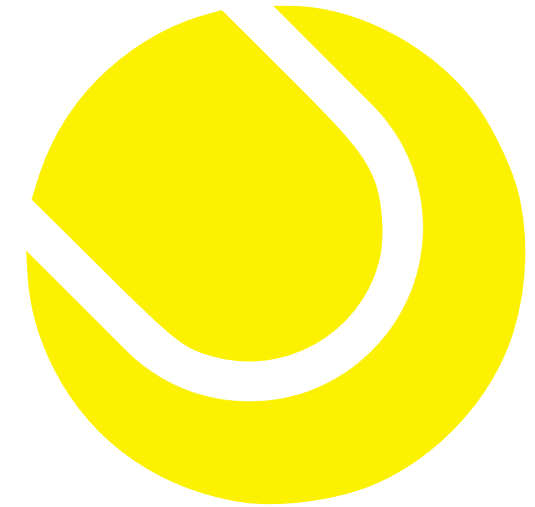
VARIATIONS



**4 SQUARE
BADMINTON**

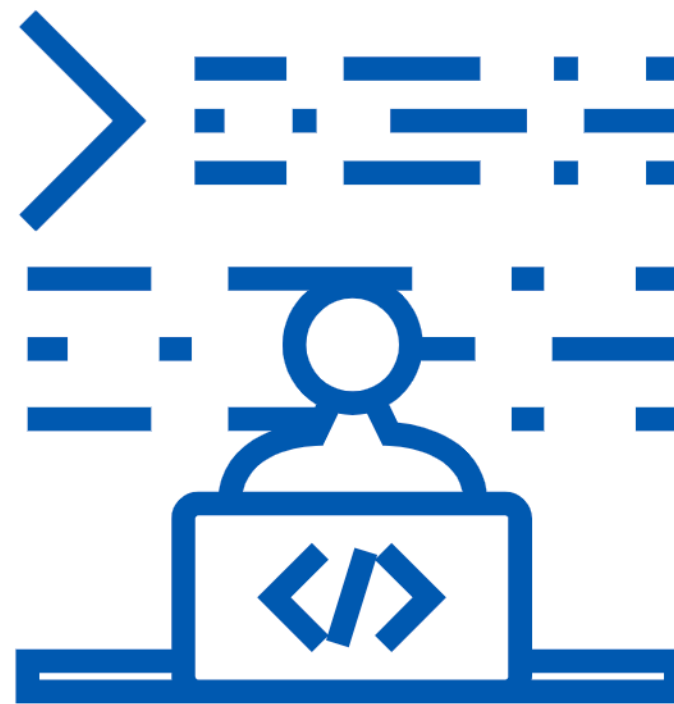


**4 SQUARE
VOLLEYBALL**

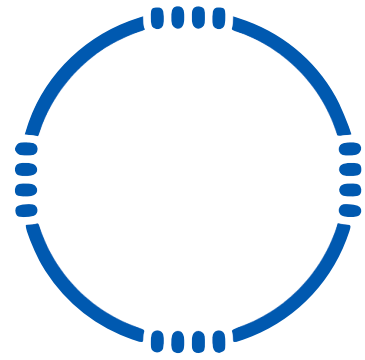


**4 SQUARE
TENNIS**

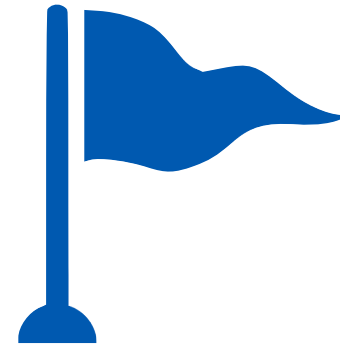
BODY CODE



WHAT YOU NEED



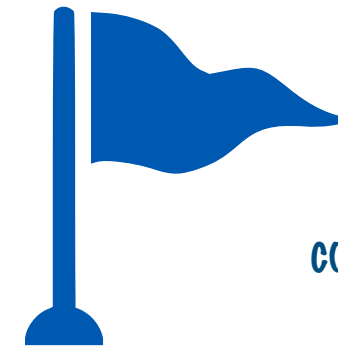
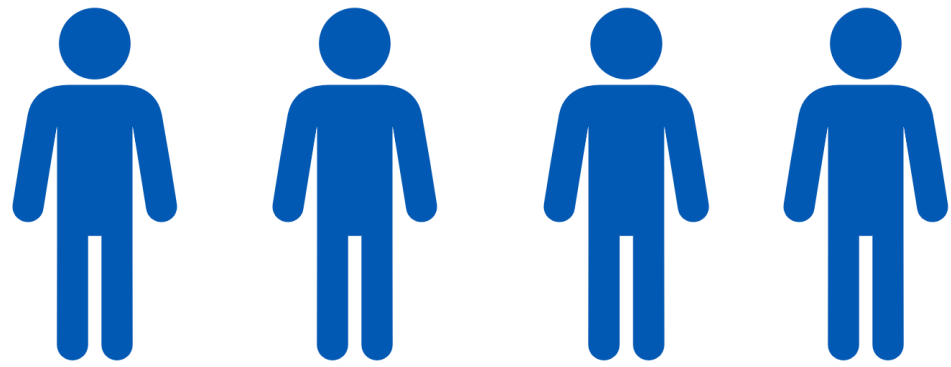
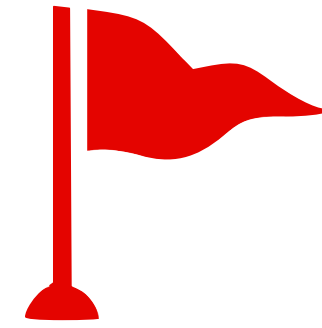
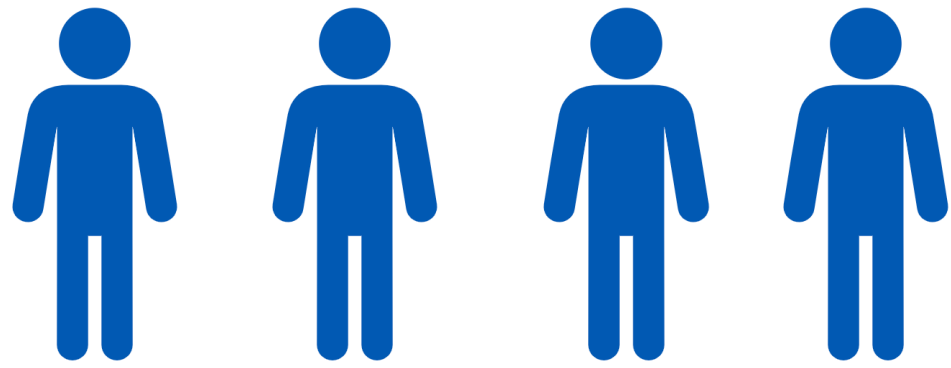
4 HULA HOOPS PER GROUP



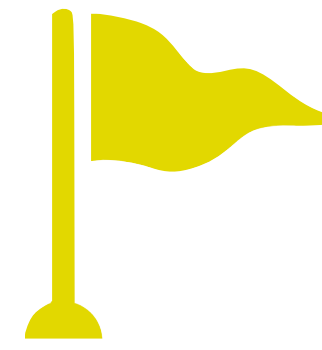
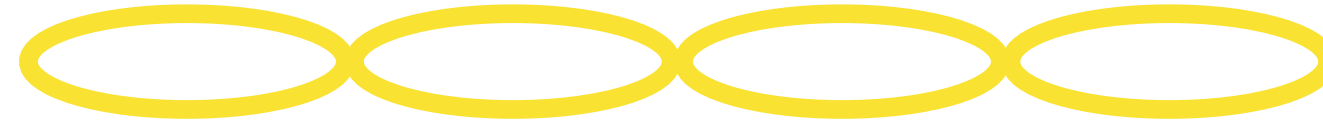
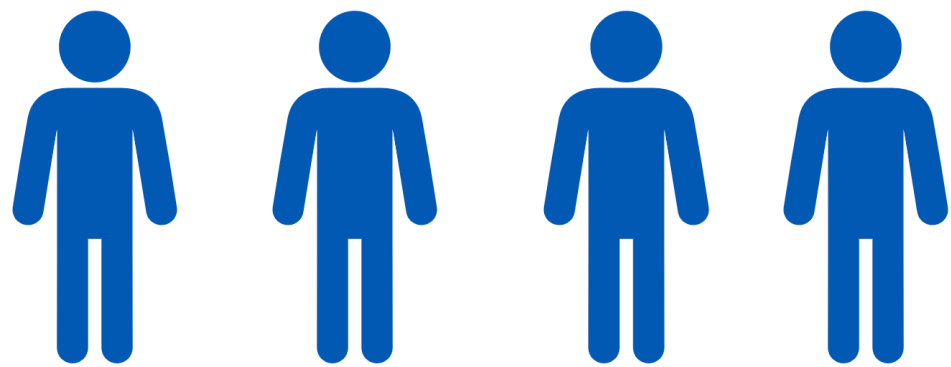
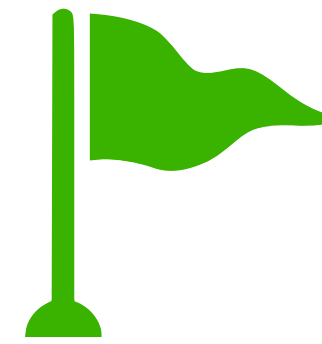
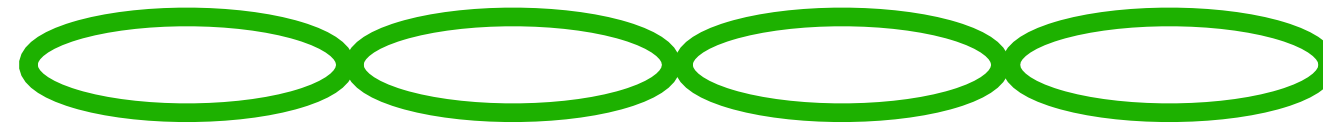
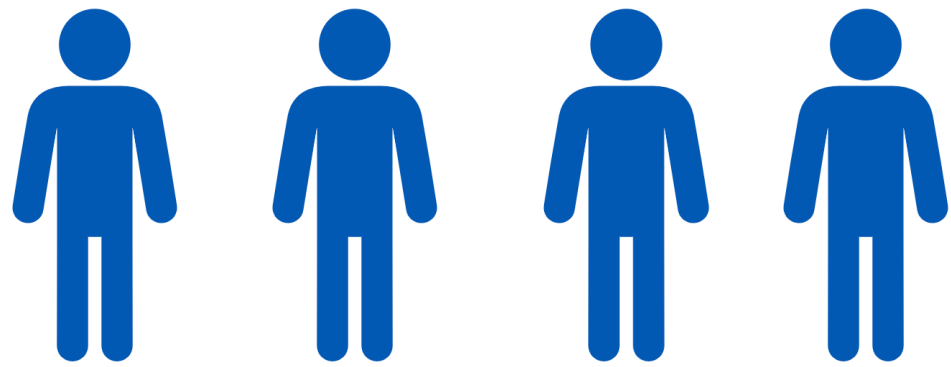
1 FLAG/BIB PER GROUP

HOW TO PLAY

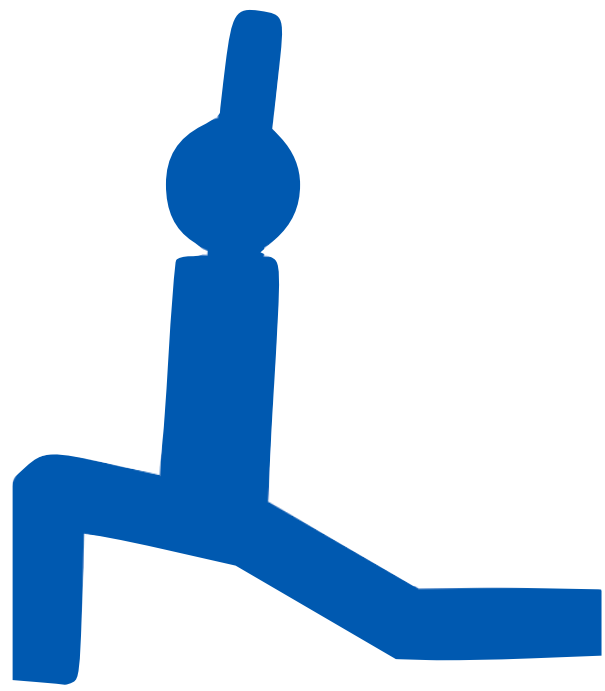
- THE AIM OF THE GAME IS FOR STUDENT TO GET TO THEIR FLAG/BIB QUICKER THAN THEIR OPPONENTS.
- THE CODE MASTER WILL ACT OUT THE 4 PART FITNESS CODE.
- STUDENTS MUST REMEMBER THE 4 FITNESS SKILLS AND PERFORM THEM IN THE CORRECT SEQUENCE.
- IF THEY PERFORM THE CORRECT SEQUENCE, CORRECT NUMBER OF REPETITIONS AND GET THE FLAG FIRST THEY GET 1 POINT FOR THEIR TEAM.
- IF THEY GET THE CODE WRONG THEY MUST GO AND JOIN THE BACK OF THEIR TEAMS LINE AND WAIT FOR THEIR NEXT TURN.



CODE MASTER



FITNESS CODE EXAMPLES



**ALTERNATE
LUNGES**



**JUMP
SQUATS**

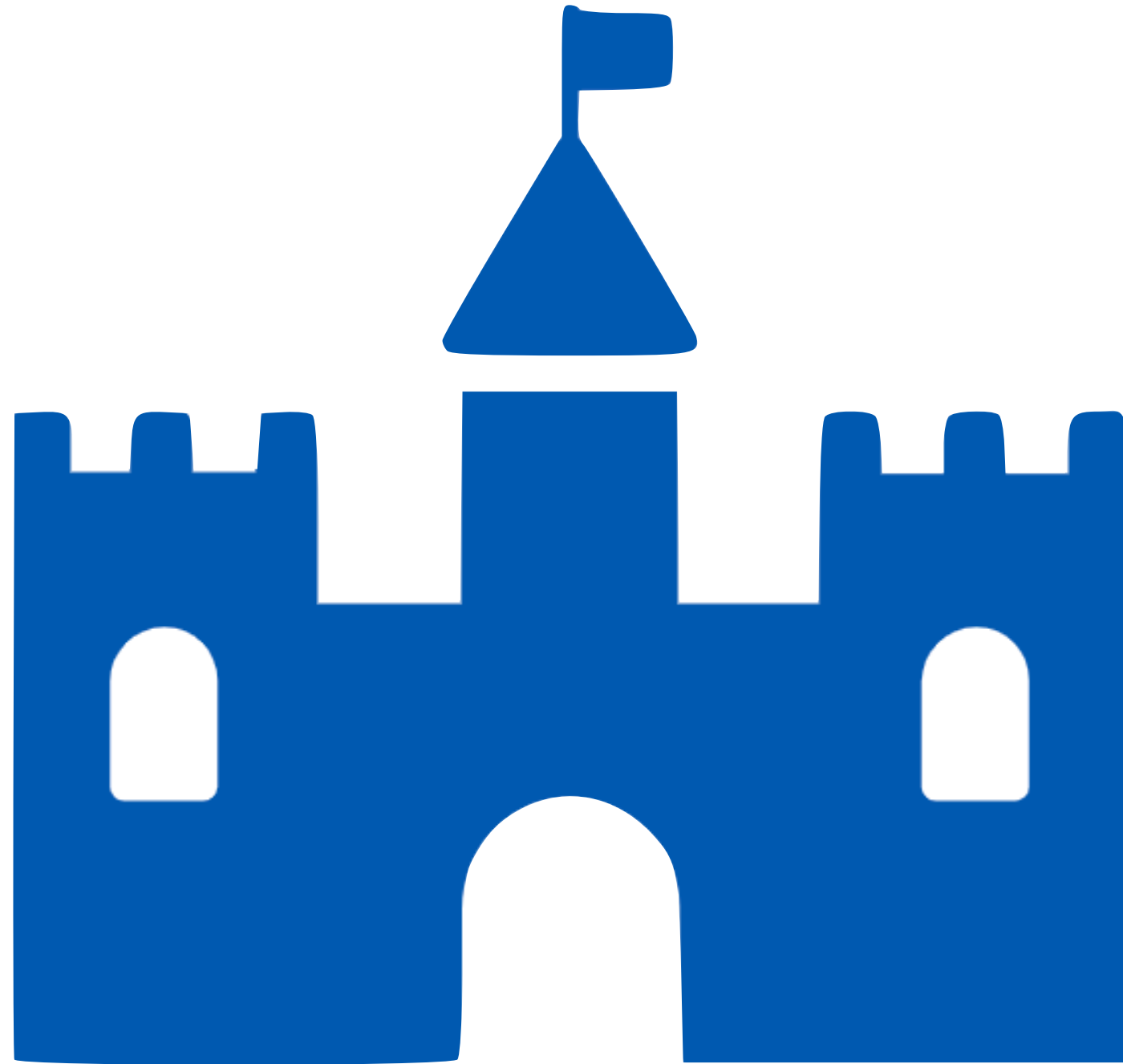


SIT UPS



**STAR
JUMPS**

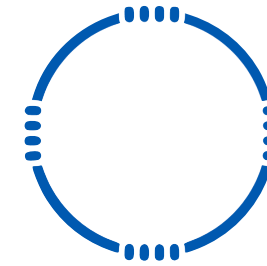
DEFEND YOUR CASTLE



WHAT YOU NEED



1 FOOTBALL FOR EVERY 3 STUDENTS



1 HULA HOOP PER STUDENT

HOW TO PLAY

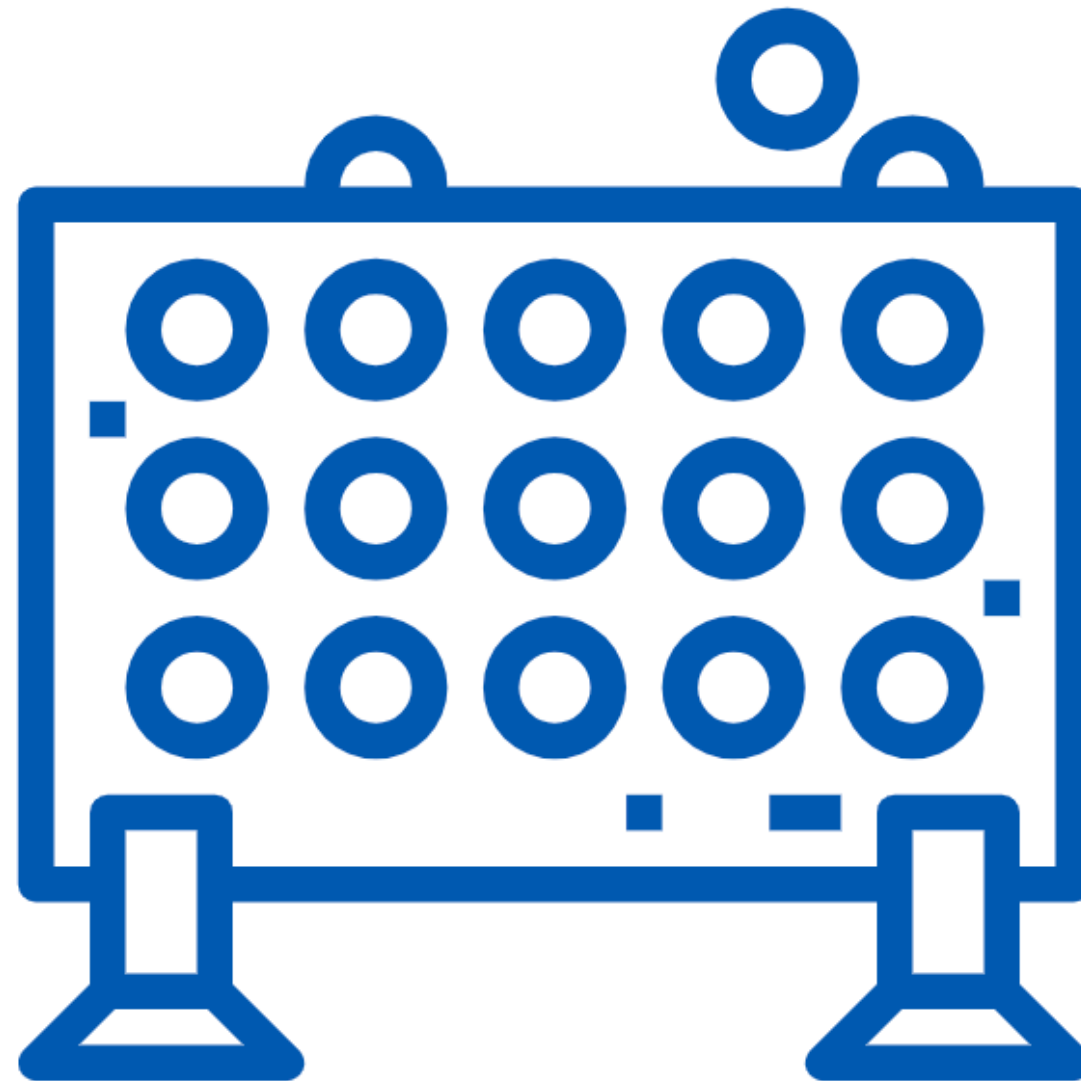
- THE AIM OF THE GAME IS TO FINISH THE GAME WITH NO FOOTBALL IN YOUR HOOLA HOOP.
- ALL STUDENTS MUST STAY IN THEIR HULA HOOP AT ALL TIMES AND TRY TO KICK THE FOOTBALLS INTO NEIGHBOURING HULA HOOPS.
- A POINT IS SCORED WHEN THE TEACHER BLOWS THEIR WHISTLE AND THE STUDENT DOESN'T HAVE A BALL IN THEIR HOOP OR IN POSSESSION.



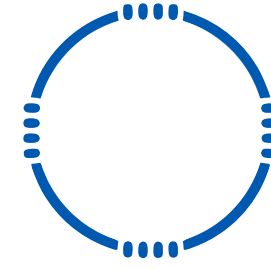


KEY STAGE 3

CONNECT FOUR



WHAT YOU NEED

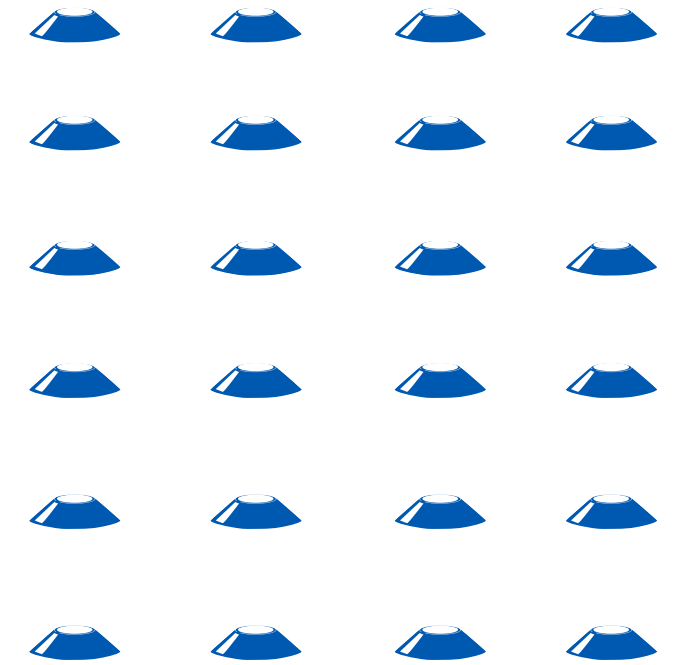
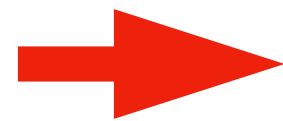
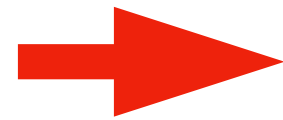
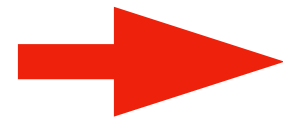
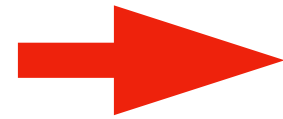
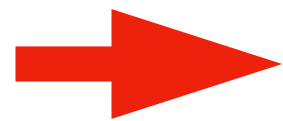
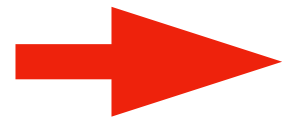
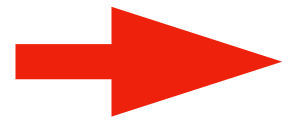
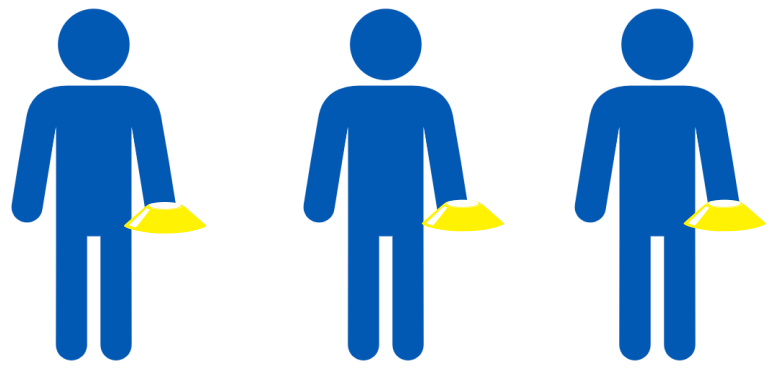


SEE REQUIREMENTS PER
DIAGRAM BELOW

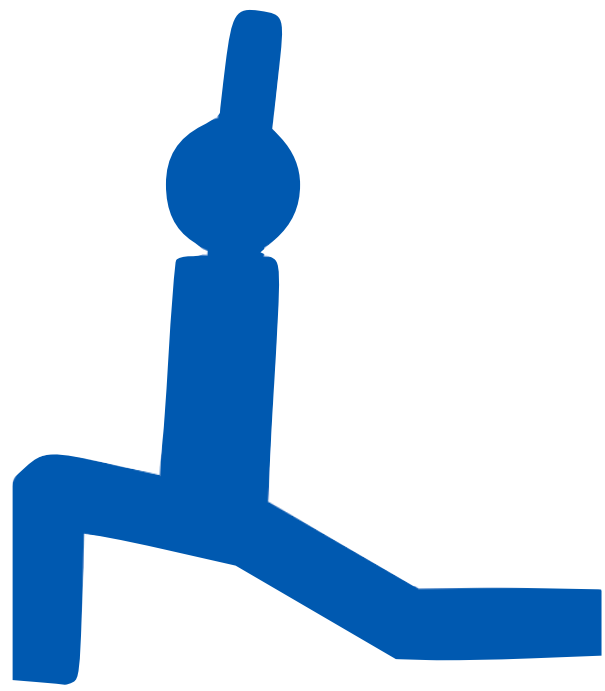
1 HULA HOOP PER GROUP

HOW TO PLAY

- THE AIM OF THE GAME IS TO GET 4 OF THEIR TEAMS CONES IN A ROW BEFORE THE OPPOSITION.
- EVERY TEAM MEMBER MUST STOP AT THE FITNESS STATION AND COMPLETE THE DESIGNATED EXERCISE.
- ONLY ONE TEAMMATE CAN RUN AT A TIME, SECOND TEAMMATE CAN ONLY START ONCE FIRST TEAMMATE HAS RETURNED.



FITNESS STATION TASKS



**ALTERNATE
LUNGES**



**JUMP
SQUATS**



SIT UPS



**STAR
JUMPS**

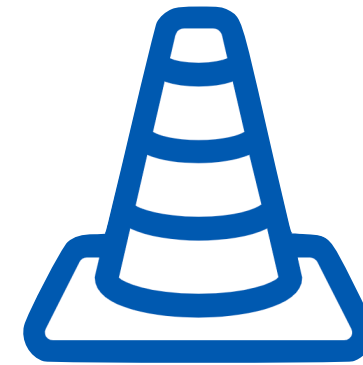
F1 RACING



WHAT YOU NEED



MAP OF SCHOOL INCLUDING
HIGHLIGHTED RACE TRACK



LOTS OF CONES TO MARK
OUT RACE TRACK

HOW TO PLAY

- THE AIM OF THE GAME IS FOR THE EACH TEAM TO COMPLETE THE RACE TRACK AS QUICKLY AS POSSIBLE WHILST ABIDING BY THE DIFFERENT CONDITIONS.
- STUDENTS ARE SPLIT INTO GROUP OF 4.
- TEACHER ASSIGNS A SET NUMBER OF LAPS FOR THE RACE.



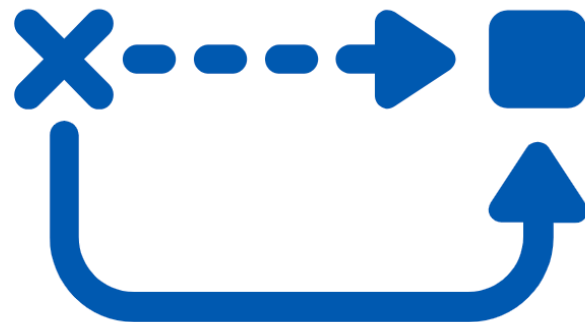
PIT STOP

THIS IS WHERE STUDENTS/RACE TEAM WAIT
(2 METERS APART AT ALL TIMES)



SAFETY CAR

AT VARYING TIMES DURING THE RACE A TEACHER WILL
BLOW THEIR WHISTLE, ALL STUDENTS HAVE TO GO TO
WALKING PACE UNTIL THEY HEAR A SECOND WHISTLE



SHORT CUT

DEPENDING ON THE NUMBER OF LAPS AND DISTANCE
BEING COVERED, A TEAM CAN CHOOSE 2 OF THEIR RACE
TEAM TO COMPLETE 1 LAP USING THE DESIGNATED
SHORT CUT.



CAR CRASH

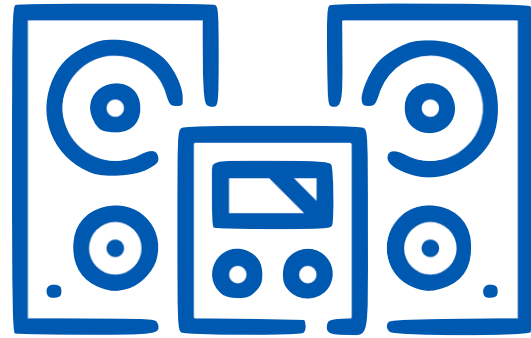
CAR CRASHES REPRESENT OBSTACLE COURSES, THESE
COULD BE SHORT HURDLES, AGILITY CONES OR RUGBY
TACKLE PADS TO JUMP OVER.

CARDIO



CARDS

WHAT YOU NEED



1 AUDIO SYSTEM



PLAYING CARDS

HOW TO PLAY

- THE AIM OF THE IS TO COLLECT AS MANY CARDS AS POSSIBLE.
- TO ENSURE SOCIAL DISTANCING USE 4 DIFFERENT AREAS OF A COURT/SPORTS HALL (SEE DIAGRAM BELOW) AND ASSIGN ONE PLAYING CARD SUIT TO EACH AREA.
- ASSIGN 4 DIFFERENT EXERCISES TO EACH SUIT (E.G. HEARTS ARE MOUNTAIN CLIMBERS)
- PLACE PLAYING CARDS FACE DOWN IN THE CENTRE OF THE COURT (ADHERING TO SOCIAL DISTANCING MEASURES).
- TO START THE ACTIVITY STUDENTS RUN FROM SIDE LINES TO COLLECT A CARD, THEY READ CARD AND PERFORM RELEVANT NUMBER OF EXERCISES AS PER VALUE ON CARD.
- DURATION OF ACTIVITY CAN BE LINKED TO A SONG OR QUANTITY OF PLAYING CARDS AVAILABLE.

