

how to set up:

- Pupils need to be inside a large area, in a safe space.

equipment:

- Cones.



how to play:

- Children should travel around the area reacting to the following signals as they are called out by the teachers:
 - Red = Stop freeze where you are
 - Amber = Get ready and jump/jog on the spot
 - Green = Go and travel around the area
- Keep varying the way the children travel.

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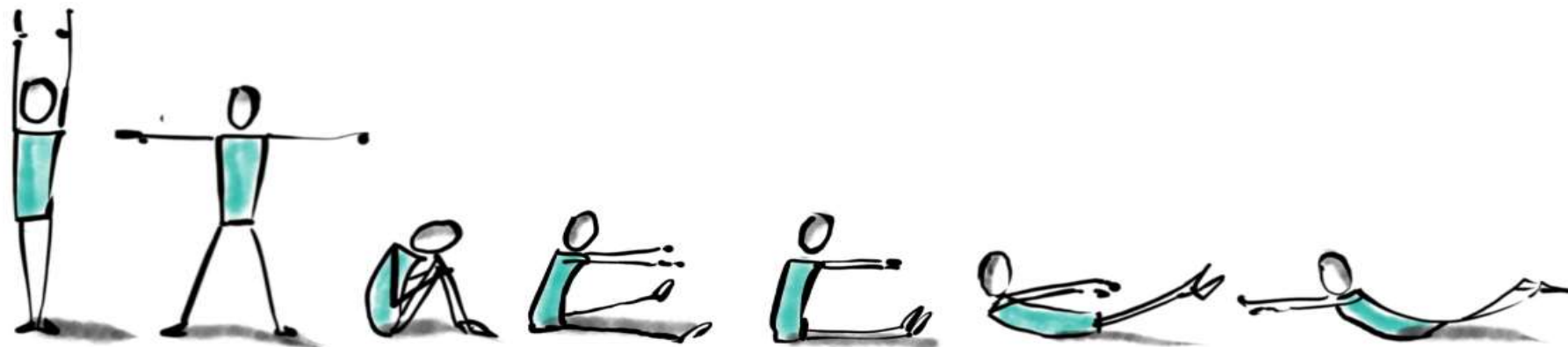
how to play:

- Set out an area for the children to work in.
- Each child should work on their own and move around the area.
- Children need to think of different ways they can walk/move.
- Let the children have a few movements to experiment and try some of their own ideas.
- Ask one of the children to show the rest of the class their idea - once they have shown the class ask everyone else if they can copy what they have seen.
- Keep asking children to show the class and then asking the rest of the class to copy what they have seen.

Progression: speed up the activity.

This is a summary of a full plan available at www.PEplanning.org.uk.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.



how to play:

- Talk through and demonstrate each of the key points for the shapes:
 - Straight; stand tall, legs together, arms above the head.
 - Star; stand tall, legs shoulder width apart, arms stretched out wide.
 - Tuck; knees tucked up, one hand on each leg, chin on chest, toes pointed.
 - Pike; sit with back straight, legs together, toes pointed, arms held above legs.
 - Straddle; sit with back straight, legs apart, toes pointed, arms held above legs.
 - Dish; lie on back, left legs and shoulders off the floor.
 - Arch; lie on stomach, lift legs, arms and chest off the floor.

Progression: Challenge the children to remember the names of the shapes.

equipment:

- Gymnastics mats.

how to set up:

- Spread mats around the area - ensure they are spaced out safely.
- Ask the children to find a space on a mat to work on their own, ideally one or two children to a mat.

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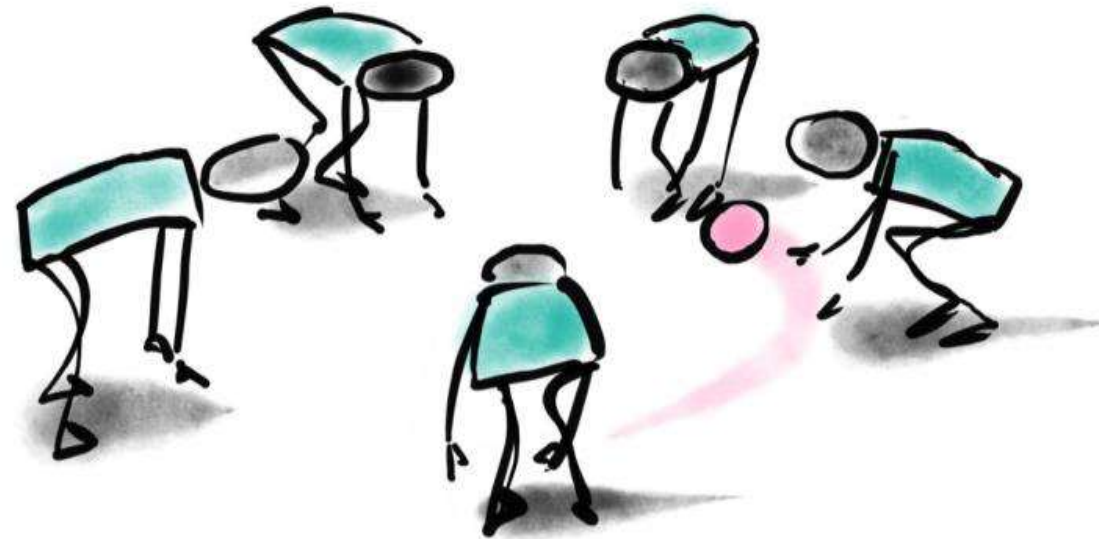
- Gymnastics mats.



how to play:

- Children need to create a sequence linking together different ways of travelling and shapes they have learnt in the lesson (or in previous lessons).
- The sequence should include: Linking together 2 ways of travelling and 2 shapes.
- They can be arranged and performed in any order.

Progression: once the children have completed their routine, ask them to perform it to the rest of the class.



how to play:

- Split the class into groups of 6.
- Give each group a ball and ask them to form a small circle.
- Each child should stand with their feet shoulder width apart and reach down so their hands hang near the ground.
- The ball is then passed around the group - children should roll it around the circle.
- Ask the children to roll the ball around the circle 3 times in one direction and then 3 times in the opposite direction.

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