

SUPER SCHOOLS



Active Bubbles

Playground Games

Active Bubbles

We've prepared some physical activities and PE lesson plans that are designed for:

- Social distancing
- Taking place outdoors
- Minimal equipment (allocated individually to pupils)
- Bubbles/small groups
- Non contact activities

Health and Safety:

The Association for Physical Education have produced guidance and a self review toolkit to support the Physical Education, School Sport and Physical Activity education workforce during this period.

Key considerations and principles include:

- Clean frequently touched surfaces
- Wash hands frequently as part of a clear hygiene regime
- Minimise contact
- Ensure good respiratory hygiene

You will also need to review your risk assessment procedures to ensure both pupils and the workforce are protected and safe. The full guidance can be accessed via:

afpe.org.uk/coronavirus-guidance-support/

Space:

Children remain at least 2 metres apart from each other by playing in their own zone that's marked out using chalk or cones.

Task:

Activities can be made easier or harder and are designed to be adaptable for all year groups.

Equipment:

Activities use minimal equipment. Each child should have their own equipment allocated. These activities use minimal equipment such as chalk, beanbags, cones and tennis balls.

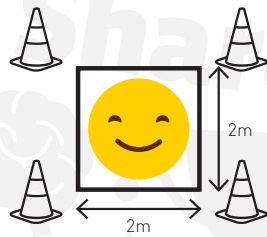
People:

Activities are designed to allow children to be active on their own or to work with a partner, with a minimum of 2 metres distance.

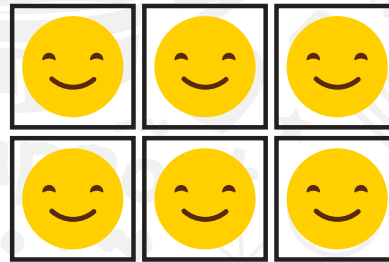


How do I set up the areas for the pupils to safely work in?

Setting up areas that are safe for the pupils to use whilst also following the social distancing guidelines can seem challenging, below are a few examples of how you can set up your activities whilst ensuring all pupils are kept safe.



Pupils can be set up in their own individual boxes by using 4 cones or flat markers, as you join more boxes together you use less cones or flat markers due to the squares overlapping being 2m x 2m in length and width.



Pupils can be set up in boxes that are side by side to another pupils' box in a grid shape, this will limit the amount of cones needed to set out your area as pupils are working individually e.g. dribbling a football in their box.



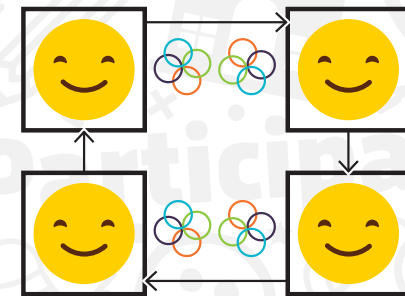
Pupils can work with another pupil in the square next to them whilst sharing equipment that's been cleaned, if this isn't allowed then pupils can still work with others e.g. using a hockey stick to pass a ball to a partner.



Pupils can be set up in a long line of boxes that are side by side facing into an open space, this will make the most of the space available if throwing or striking for distance e.g. an overarm throw.



Pupils can compete against another pupil in the square next to them with or without sharing equipment e.g. trying to knock a ball off a cone/into a hoop with a pass/forehand shot etc.



Pupils can compete races against other pupils in different squares with or without sharing equipment e.g. running between different squares in a race or running into the middle to collect pieces of equipment.

Active Bubbles

Traffic Lights

How to play:

Working on your own:

- Set up your traffic light using your three colour cones as shown in the picture to the right, making sure the red cone is the furthest away
 - Ensure you take 3 steps back from the traffic lights as that will be the distance you throw the beanbag from
 - Once you are 3 steps back using an underarm throw try and hit one of the coloured cones on the traffic light using your beanbag
 - For the colour you hit can you do the following (e.g Red = Balance on one leg for 5 seconds)
1. Red = balance on one leg for 5 seconds
 2. Amber = hop on one leg 5 times
 3. Green = run as fast as you can on the spot for 5 seconds

Using your beanbag:

Target throw:

1. Red = 10 points
2. Amber = 5 points
3. Green = 1 point

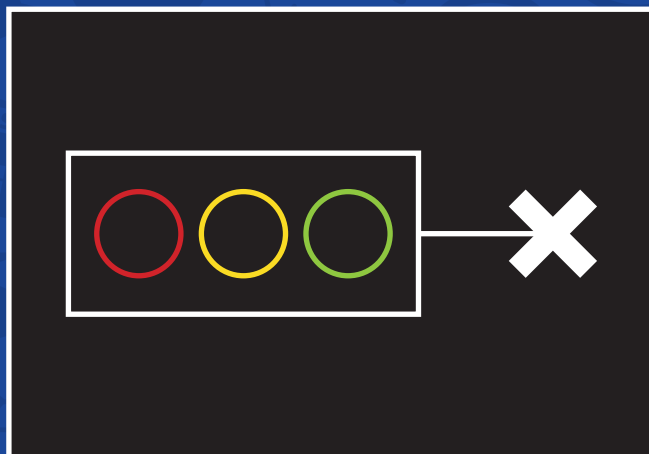
Developing:

Fundamental Movement Skills

Equipment:

- Green, yellow and red cone
- Beanbag (1 per pupil)

Set this up using the cones:



Challenges:

1. Can you throw the bean bag from a further distance so extending your throwing position from 3 steps to 5 steps away from the traffic lights for example?
2. Can you split the traffic light cones further apart to make it harder to hit them?
3. See if you can increase the time limit for balancing, hopping and running from 5 seconds to 10 seconds.
4. Can you try and hit all three cones in a row to gain maximum points?
5. Create your own or come up with a different balance or movement for when you hit the red, amber or green traffic light.

With a partner: Choose what you would like to do:

- In pairs you set up the same activity and play against each other to see who can get the most points
- You throw the beanbag onto the traffic lights to gain the points and your partner does the fundamental movements so you are working together
- In pairs you both set up the activity and do it at the same time



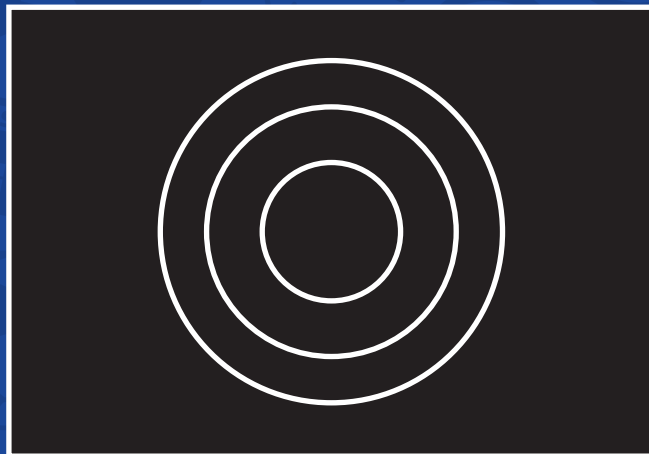
Active Bubbles

Target Throw

How to play:

- Mark out a target on the floor as in the picture
- Write in the points for each circle, 5 = outer circle, 10 = middle circle and 20 = centre circle
- Mark another line 5 large steps back from the target, this is your throwing line
- See how many points you can score with 5 throws
- Try using your non throwing hand
- Play seated on the floor
- Reduce or increase the number of paces away from the target area

Draw this on your playground using chalk:



Developing:

Fundamental Movement Skills

Equipment:

- Chalk
- Beanbag (1 per pupil)

Challenges:

How many points can you score in 1 minute?

- Achieve Gold – 500
- Achieve Silver – 250
- Achieve Bronze – 100

With a partner:

- Each person receives their object to throw
- Alternating turns, players score 3 points for landing in the centre circle, two points for middle circle, one point for the outer circle. If they miss the target completely a point is deducted
- Speed Target Throw - score as many points for a set time frame, eg. 1 minute



Active Bubbles

Speed Bounce

How to play:

Working on your own:

- Make a small line with the chalk on the floor
- Start on one side of the line and begin bouncing side to side over the line as quickly as you can
- Record how many bounces you can complete in 30 seconds
- Animal Bounce Challenge – Every time you bounce over the line say a zoo animal, you cannot repeat the animal
- Bounce and Turn – Every time you complete a bounce you must turn 180 degrees and bounce back over the line, keep repeating

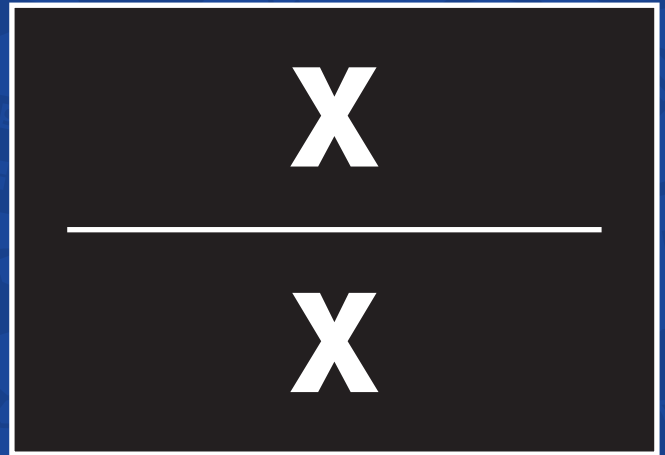
Developing:

FUNdamental Movement Skills

Equipment:

- Chalk
- Stopwatch (or count yourself)

Draw this on your playground using chalk:



Challenges:

How many times can you bounce over the line in 60 seconds? Both feet must land over the line for the bounce to count.

- Achieve Gold – 80 Bounces
- Achieve Silver – 60 Bounces
- Achieve Bronze – 40 Bounces

With a partner:

- Stand by your own line and see who can complete the most bounces in 30 seconds
- Animal Bounce Challenge – Take it in turns to bounce over your own line, when you bounce over you must say a zoo animal, then your partner must repeat. Keep going till one of you cannot think of a zoo animal



Active Bubbles

Playground Games Rainbows

How to play:

Working on your own:

- Hop, skip or jump along the rainbow arch
- Balance on one line of the rainbow arch, as if you're doing a tightrope walk
- Move forwards and backwards along the rainbow arch

Working with a partner:

Stand in one cloud and your partner needs to stand in the opposite cloud. Make sure you stay in your cloud to keep 2 metres apart.

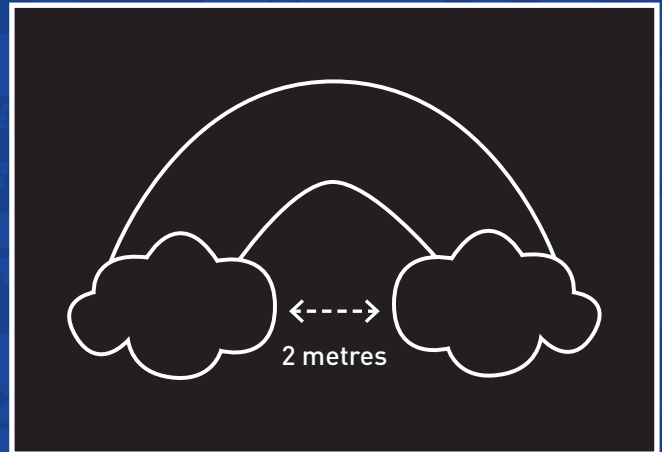
Have a game of Mirror Mirror by copying each other's movements (e.g. partner A does a star jump and partner B copies). **Here's some ideas:**

- Star jumps
- Balancing on one leg
- Hopping
- Balancing a beanbag on your head
- Making a rainbow shape with your arms

Have a game of Charades with your partner. Can you guess what they are trying to demonstrate without speaking? **Here's some ideas:**

- Animals
- Sports
- Films

Draw these on your playground using chalk:



Developing:

FUNDamental Movement Skills

Equipment:

- Chalk
- Beanbag (one per pupil)

Challenge:

Stand in one cloud. The opposite cloud is your target. Throw the beanbag into the opposite cloud. Run along the rainbow arch to collect the beanbag. Now throw it back into the other cloud. Each time your beanbag lands in the cloud you get 10 points. Once you've scored 100 points you've won a pot of gold!

Using your bean bag:

- Stand in one cloud and see if you can throw the beanbag into the other cloud
- Balance the beanbag on your head and see if you can walk along the rainbow arch
- Try the tightrope walk with the beanbag balanced on your head
- Throw the bean bag up and try to catch it
- Pass the bean bag around your body



Active Bubbles

Fitness Dice

How to play:

- Make your dice using the template provided
- Ensure you have a space to work in (marked out in chalk)
- Roll the dice
- **For the number you roll can you do the following action:**

(e.g. number 3 = 10 frog jumps)

1. 10 star jumps
 2. 20 seconds running on the spot
 3. 10 frog jumps
 4. 10 single leg jumps (5 on each leg)
 5. 20 high knees
 6. 10 second balance on 1 leg
- Continue rolling the dice and completing the activity for each number

Developing:

Fitness and Fundamental Movement Skills

Equipment:

- Dice (see template to make your own)
- Chalk, to mark out a zone for each pupil to be active in

Draw this on your playground using chalk:



Challenges:

When you are ready for a challenge, roll the dice to see what challenge you can try:

1. See how quickly you can roll all six numbers while doing the activity after each roll of the dice
2. Roll the dice twice and do both activities straight after each other without a break
3. Add 5 onto each activity for the next 3 rolls
4. Try and get 2 numbers in a row
5. Roll the dice 3 times and add the numbers up. Roll the dice again and do that activity using the total of the 3 previous dice rolls
6. Create your own fitness activity for number 6

With a partner: Choose which one you would like to do:

- Roll the dice and do the activity together
- You roll the dice and your partner has to do the activity. Keep taking turns
- One person is odd and one is even. Roll the dice and if the number is even, the 'even' person does the activity. Repeat
- Both roll the dice once, whoever gets the lowest number has to do that activity.



