

Safe space PE list

EYFS

Hi team, here is a list of the lessons that you can find via the lesson plans tab that will give you ideas for delivery of 'safe space' PE. Please see the comments for how they will need to be adapted. As always, please do what you feel is safe and best practice for you and the children in your care.

We have included lessons that use some equipment, please adhere to government guidelines for this.

EYFS

Dance: Unit 1



**Lesson
number**

Adaptations to the lesson

1 Perform the warm up on the spot.



2 For the body parts game, children move around their own cone only.



3 Warm up, complete the actions on the spot.
When watching the performance children sit in their own space.



4 Ensure the base stations are 2m apart.



5 Complete all of the lesson in their own space.



6 Warm up and all actions on the spot.

EYFS

Dance: Unit 2



Lesson number

Adaptations to the lesson

1 Warm up and travelling actions on the spot.



2 Perform all actions on the spot.



5 Warm up, complete the actions on the spot.



6 Perform all actions on the spot.

EYFS

Fundamentals: Unit 2



Lesson number

Adaptations to the lesson

4 Warm up on the spot. Set up more stations so that there is less wait time. Ensure children wait at cones 2m apart.



6 Warm up on the spot. Set up more stations so that there is less wait time. Ensure children wait at cones 2m apart.

YEAR 1

Athletics



Lesson number

Adaptations to the lesson

1 Warm up on the spot without the rewind instruction. When working with a partner ensure they are set up 2m distances apart.



Without jumping tag in the warm up.

4 Place the jumping for distance cones in a straight line circuit instead of random structure.



5 Warm up, play 'Simon says' on the spot. Ensure circuit is appropriately spread out.



Warm up play on the spot.

6 Ensure circuit is appropriately spread out and cones for children waiting mark 2m distances.

YEAR 1

Dance



Lesson number

Adaptations to the lesson

- 1 Warm up to include jogging on the spot instead of around the space. Change the travelling action in the dance to stepping from side to side within their space.



- 2 Mark a 2m space for each child to work in.



- 3 Mark a 2m space for each child to work in.



- 5 Mark a 2m space for each child to work in.



- 7 Without using e) in exploring puddles. Without using other hoops in the performance.



- 8 Use only their hoop for the warm up.

KS1

Fitness



Lesson number

Adaptations to the lesson

- 4 Warm up on the spot. Without long rope skipping activity.



- 6 Warm up, play 'Simon says' on the spot. Ensure the circuit is appropriately spread out and cones for children waiting mark 2m distances.



- 7 Change the warm up. Complete the lesson as an individual not as a pair.



- 8 Change the warm up. Ensure the circuit is appropriately spread out and cones for children waiting mark 2m distances.

KS1

Fundamentals



Lesson number

Adaptations to the lesson

5

Change the warm up. Don't use d) in exploring jumping. Ensure children are spaced 2m apart and mark this for cross the stream.



7

Change the warm up. Do not include partner challenges or snakes and waves.

YEAR 1

Gymnastics



Lesson number

Adaptations to the lesson

2

Provide children with their own mat.



3

Provide children with their own mat and beanbag.

KS1

Yoga



Lesson number

Adaptations to the lesson

1

Warm up on the spot.



2

Individually instead of in groups. Display the yoga cards on a projector instead of children handling them.



3

Ensure children have a 2m distance and display the yoga cards on a projector instead of children handling them.

KS1

Yoga



Lesson number

Adaptations to the lesson

5

Children move around their own hoop instead of all of them. Ensure children use their own hoop throughout.



6

Change the warm up. Children work independently when creating their flow or do this as a whole class. When teaching other children their flow, they remain on their mat and work with the mat next to them.



7

Play 'hands up hands down' by travelling on their own mat only. Don't play 'around the world'.



8

For the warm up children use their own mat only.

YEAR 6

Dance



Lesson number

Adaptations to the lesson

1

In the warm up, change c) of the 'clap, slap' rhythm to include them moving around their own 2m area. When creating the dance, children work with a partner and 2m apart.

YEAR 5/6

Fitness



Lesson number

Adaptations to the lesson

2

Warm up on the spot. Ensure children are spaced 2m apart when working in pairs.



3

Complete the warm up on the spot.



5

Complete the warm up as shuttles. For 'cone slalom' ensure the children wait 2m apart. Once they complete they could wait at the opposite end forming a queue that starts at the back. Don't play 'catch me'.

YEAR 5/6

Fitness



Lesson number

6

Adaptations to the lesson

Complete the warm up on the spot.

YEAR 5

Gymnastics



Lesson number

2

Adaptations to the lesson

Have one mat each. Complete the warm up on the spot. Build the sequence independently.

YEAR 5/6

Yoga



Lesson number

1

Adaptations to the lesson

Warm up between two cones placed 2m apart. Two cones for each child.



2

Individually instead of in groups. Display the yoga cards on a projector instead of children handling them.



3

Change the warm up to 'Simon says'. Ensure children have a 2m distance and display the yoga cards on a projector instead of children handling them.



5

For the warm up 10-1 children stay 2m apart as they work together.

YEAR 5/6

Yoga



Lesson number

Adaptations to the lesson

6

Change the warm up. Children work independently when creating their flow or do this as a whole class. When teaching other children their flow, they remain on their mat and work with the mat next to them.



7

Play 'hands up hands down' by travelling on their own mat only. Don't play 'around the world'



8

For the warm up children use their own mat only.