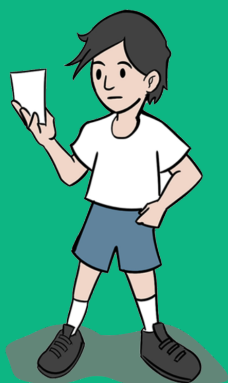


Safe space PE

KS2

OAA

Lesson number: 1



Learning objective:

To build communication and trust whilst showing an awareness of safety.

Success criteria:

Listen carefully to the safety instructions of an activity.
Share ideas and listen to your partner. Then decide on the best solution.

Whole child objectives:

Social: I can communicate with my partner and put forward ideas.

Social: I can work collaboratively with a partner.

Social: I can work safely with others.

Emotional: I have the confidence to share ideas.

Equipment: Cones x 30 (6 cones have letters marked on them with whiteboard pen), chalk, photo trail sheets (see skill development section).

10

Mins

Warm Up and Introduction

Choose an action:

Pupils begin standing in a space 2m apart. Ask the pupils to jog on the spot for 30 seconds. Rest for 10 seconds and repeat three times.

Then, in pairs 2m apart, ask one pupil to think of an action/exercise e.g. star jump, press up, running on the spot, sit ups. Without saying the name of the action/exercise, can they describe to their partner what to do (max 20 seconds) and can their partner perform the action/exercise?

Swap over. Repeat the task a few times each

Be clear in your description.

Make this easier by allowing the pupils one pass in which they are allowed to demonstrate a part of the movement.

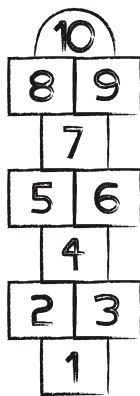
Chalk challenge:

Give the pupils their own piece of chalk.

In pairs 2m apart. Pupils have 5 minutes to chalk out a fitness course each. Give examples such as hopscotch, stepping stones, mini challenges x 5 jumps over the x. Pupils take it in turns to perform their partner's chalk challenge.

Encourage the pupils to support and motivate their partner while they complete their fitness challenge.

Make this easier by providing the pupils with options for them to choose from.

**Playground photo trail:**

At the start of the lesson place cones at each photo point with a letter on the cone. The letters need to spell out a secret word possibly one of your school values.

Take 6-8 photos of different parts of the playground.

Teacher note: this can be a job you give to a pupil with supervision. You can complete this activity without photos and just hide the cones (but this makes it harder).

Give each pupil a sheet of paper with all the photos on it (see example below). Pupils work in pairs, one pair finds the first photo while the other pair waits with the teacher at basecamp. Pupils swap with their partner after each photo.

Pupils need to feedback to their partner to indicate which photo and letter they have found before the partner sets off. Once all the cones have been found the pupils work together to guess the word.

Remind the pupils to stay 2m apart whilst looking for the cone.
Encourage the pupils to feedback to their partner before letting them leave basecamp. This will support them in finding the next clue.

Make this harder by taking more photos increasing the number of cones that you hide.

E.g.

Photo 1

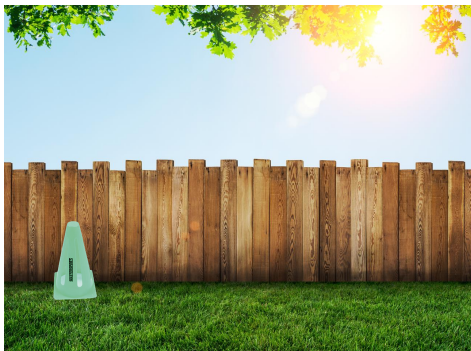


Photo 2



Photo 3

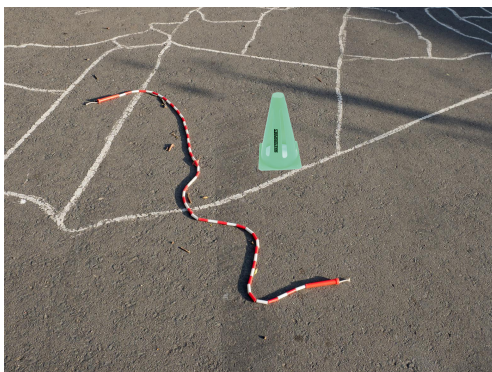


Photo 4



Photo 5



Photo 6





Plenary

Pupils sit in small circles of 4-6 pupils spaced out.

Explain the importance of giving everyone time to be heard and to listen. Ask the pupils to talk about the following:

What actions or exercises did they enjoy in the warm up? Why?

Why was it important to feedback to your partner in the photo trail?

How can we make our feedback useful for our partner?