

# Safe space PE list

## Year 5

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 but avoided activities where children share equipment. Please adhere to government guidelines and your school policy for this.

### Athletics



#### Lesson number

#### Adaptations to the lesson

1

Ensure children are spaced appropriately.



2

In 'Swipe', children use their own cone.  
Ensure children are spaced appropriately.



4

Ensure children are spaced appropriately.



5

Ensure children are spaced appropriately.



6

Children use their own equipment throughout the lesson.

## Athletics



7

Children use their own equipment throughout the lesson.



8

Children use their own equipment throughout the lesson.

## Dance



### Lesson number

### Adaptations to the lesson

1

Ensure children are spaced appropriately throughout the lesson.



2

Ensure children are spaced appropriately throughout the lesson.



3

Use the warm up from lesson 1. Ensure children are spaced appropriately throughout the lesson. Don't use the 'in contact' relationship.



4

Ensure children are spaced appropriately throughout the lesson.



5

Ensure children are spaced appropriately throughout the lesson.

## Fitness



Lesson number	Adaptations to the lesson
1	Ensure children are spaced a safe distance apart and use their own equipment.
2	Ensure children are spaced a safe distance apart.
3	Ensure children are spaced a safe distance apart.
4	Use the warm up from lesson 3. Ensure children are spaced a safe distance apart.
5	Ensure children are spaced a safe distance apart. Don't play 'Catch me'.
6	Ensure children are spaced a safe distance apart.
8	Ensure children are spaced a safe distance apart.

## Gymnastics



Lesson number	Adaptations to the lesson
2	Ensure children are spaced a safe distance apart. Use individual balances instead of partner balances.
3	Ensure children are spaced a safe distance apart. Use only equipment that can be cleaned after use.
4	Ensure children are spaced a safe distance apart.

## Gymnastics



- 5 Use the warm up from lesson 4. Ensure children are spaced a safe distance apart.



- 6 Ensure children are spaced a safe distance apart.



- 7 Ensure children are spaced a safe distance apart.

## Yoga



### Lesson number

### Adaptations to the lesson

- 1 Ensure children are spaced a safe distance apart.



- 2 Ensure children are spaced a safe distance apart and display the yoga cards on a projector or have them laminated.



- 3 Use the warm up from lesson 2 and ensure children are spaced a safe distance apart. Display the yoga cards on a projector or have them laminated.



- 4 Use the warm up from lesson 1 and ensure children are spaced a safe distance apart. Display the yoga cards on a projector or have them laminated.



- 5 Ensure children are spaced a safe distance apart and display the yoga cards on a projector or have them laminated.

## Yoga



6

Ensure children are spaced a safe distance apart and display the yoga cards on a projector or have them laminated.