

Safe space PE list Year 1

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	Warm up on the spot without the rewind instruction. When working with a partner ensure they are set up a safe distances apart.
• • • • •	
	Without jumping tag in the warm up.

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

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

Warm up play on the spot.

Ensure circuit is appropriately spread out and cones for children waiting mark 1m distances.



Lesson number	Adaptations to the lesson
1	Don't play 'Penguin eggs'.
• • • •	• • • • • • • • • • • • • •
3	Children keep their own beanbag throughout the lesson.

Dance	

8

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 safe space for each child to work in.
• • • •	
3	Mark a safe space for each child to work in.
• • • •	
5	Mark a safe space for each child to work in.
7	Without using e) in exploring puddles. Without using other hoops in the performance.

Use their own hoop for the warm up.



Lesson number	Adaptations to the lesson
4	Warm up on the spot. Without long rope skipping

activity.

- Warm up, play 'Simon says' on the spot. Ensure the circuit is appropriately spread out and cones for children waiting mark 1m distances.
- 7 Change the warm up. Complete the lesson as an individual not as a pair.
- Change the warm up. Ensure the circuit is appropriately spread out and cones for children waiting mark 1m distances.

Fundamentals



Lesson Adaptations to the lesson number

- 2 Ensure children move around in a safe space.
- 3 Ensure children move around in a safe space.
- 5 Ensure children move around in a safe space.
- Ensure children move around in a safe space.

Ensure children move around in a safe space.



Lesson Adaptations to the lesson number

2 Provide children with their own mat and beanbag.

3 Provide children with their own mat and beanbag.

Target Games



Lesson Adaptations to the lesson number

- 3 Use the warm up from lesson 6. Ensure children move around in a safe space.
- Use the warm up from lesson 6. Ensure children move around in a safe space.
- Use the warm up from lesson 6. Ensure children move around in a safe space.
- 6 Ensure children move around in a safe space and use their own equipment in the carousel.
- Ensure children move around in a safe space and use their own equipment in the activities.

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 are spaced a safe distance apart and display the yoga cards on a projector instead of children handling them.
• • •	
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.



