

# Safe space PE list

## Year 3

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 in a safe space. Don't play 'Catch me if you can'.
3	Ensure children have their own safe space to move around in.
4	Ensure children are spaced appropriately.
5	Ensure children are spaced appropriately.
6	children don't pass to one another. Children use their own ball throughout the lesson.

## Athletics



Use the warm up from lesson 1. Children use their own equipment throughout the lesson.

7



8

Children keep their own equipment throughout the lesson. Instead of passing a baton in 6, children start when their teammate has got to the cone.

## Dance



### Lesson number

### Adaptations to the lesson

1

Ensure children have their own safe space to move in.



2

Ensure children have their own safe space to move in. When children complete the partner work they do so without touching.



3

Ensure children have their own safe space to move in. When children complete the group work they do so without touching.



4

Ensure children are spaced appropriately.



5

Ensure children have their own safe space to move in.



6

Ensure children have their own safe space to move in.



7

Ensure children are spaced appropriately.



8

Ensure children are spaced appropriately.

## 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. Don't play 'Catch me if you can'.
3	Use the warm up from lesson 2. Don't play 'Tug of war'.
6	In the warm up touch the body parts to the floor instead of connecting them.
7	Ensure children are spaced a safe distance apart.
8	Ensure children are spaced a safe distance apart and use their own equipment.

## Gymnastics



Lesson number	Adaptations to the lesson
1	Ensure children have their own safe space to work in. Don't play the 'Body tension' activity.
3	Ensure children are spaced a safe distance apart.
4	Ensure children are spaced a safe distance apart.
5	Ensure children are spaced a safe distance apart.

## Gymnastics



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 Complete 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.



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

## Yoga



7

Use the warm up from lesson 6. Ensure children are spaced a safe distance apart and display the yoga cards on a projector instead or have them laminated.



8

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