

Physically distanced PE and physical activities

Key points

Give each child their own 'Space to Grow'

It's still PE! Focus on a skill you want to develop and plan your lesson accordingly

No one is going to share equipment

Limit the equipment you use in your lesson

We've only used plastic items that can be easily cleaned between sessions.

MAKE IT FUN!



On the following pages we're going to show you set ups and games that you can use to help children develop their PE skills whilst maintaining a safe physical distance from others in the group.



04/06/20

Physically distanced PE and physical activities

- Example set up 1
- Example set up 2
- Example set up 3
- Footgolf
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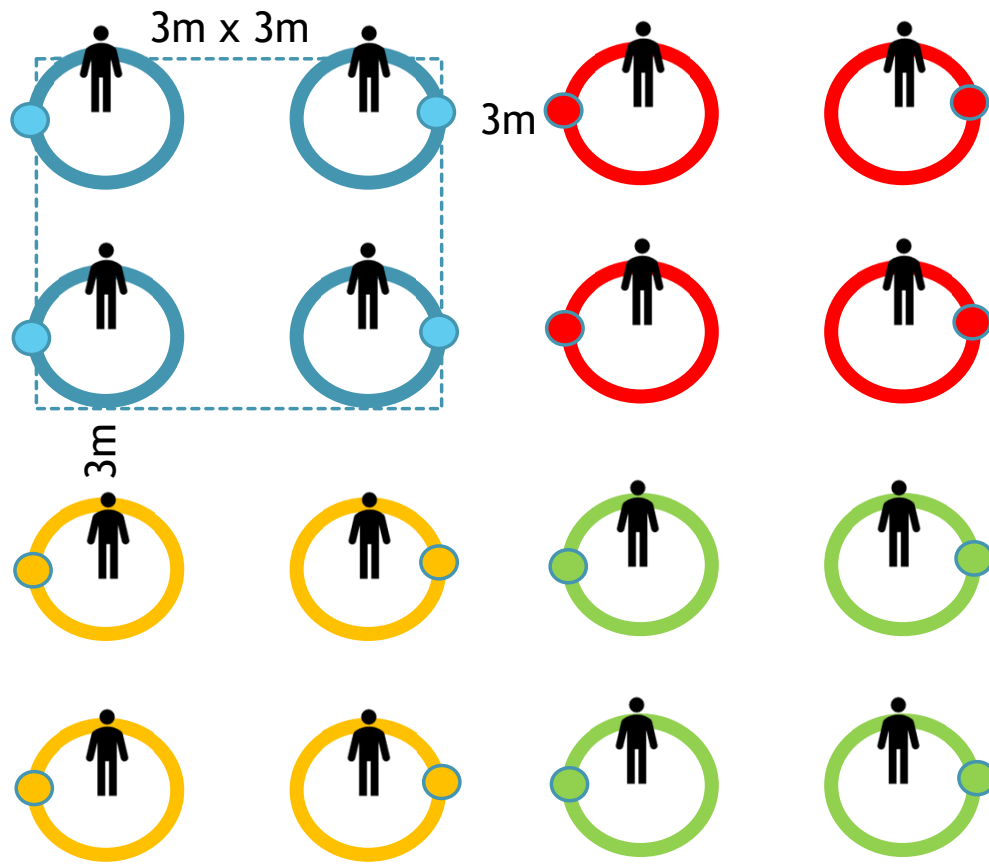
- The Detective
- The Maze



Each game shows you how to set up, suggests progressions to help you modify and differentiate the activity and looks at the skills being developed.



PE set up for Physical distancing – example 1



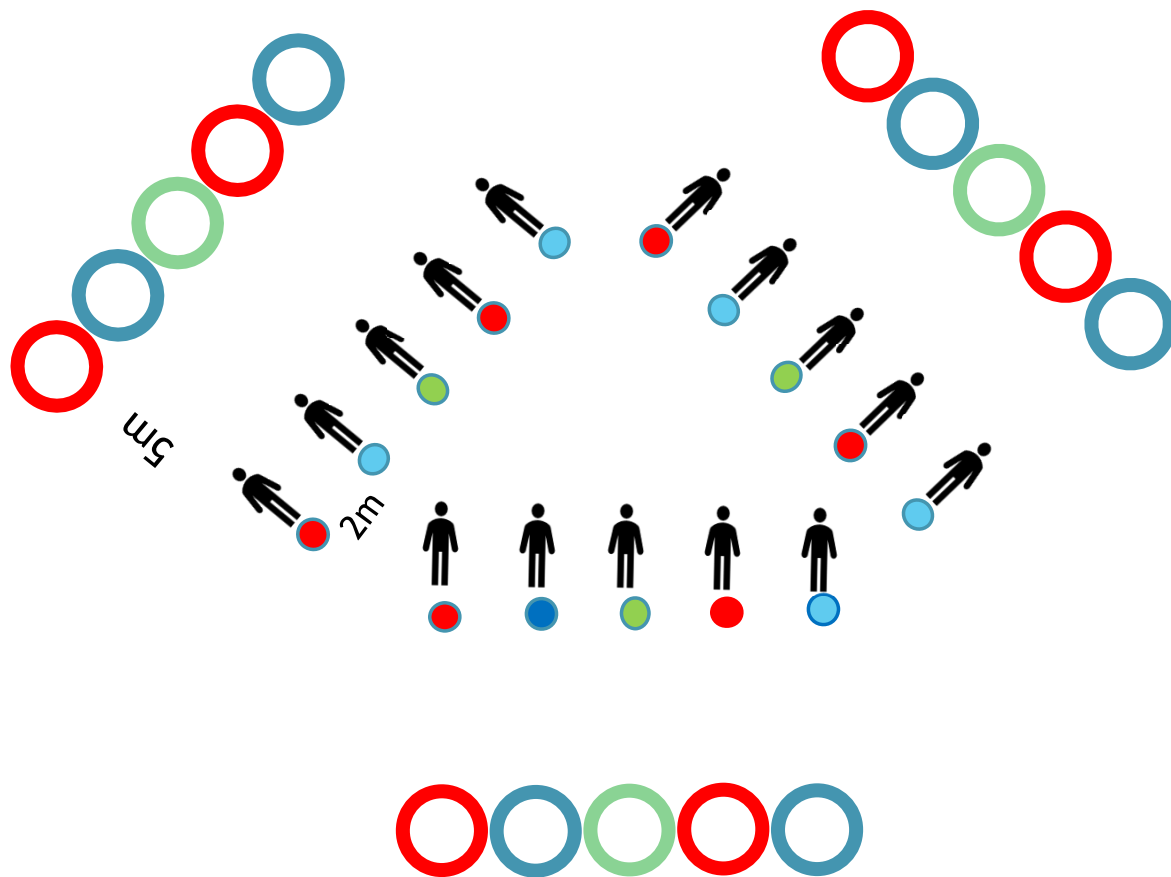
Each child has their own 'Space to Grow' (aka coloured hula hoop with a cone)

Place 4 of the same coloured hoops in a 3mx3m square

Create 3 more coloured squares in the same way. The coloured squares should be at least 3m from each other.



PE set up for Physical distancing – example 2



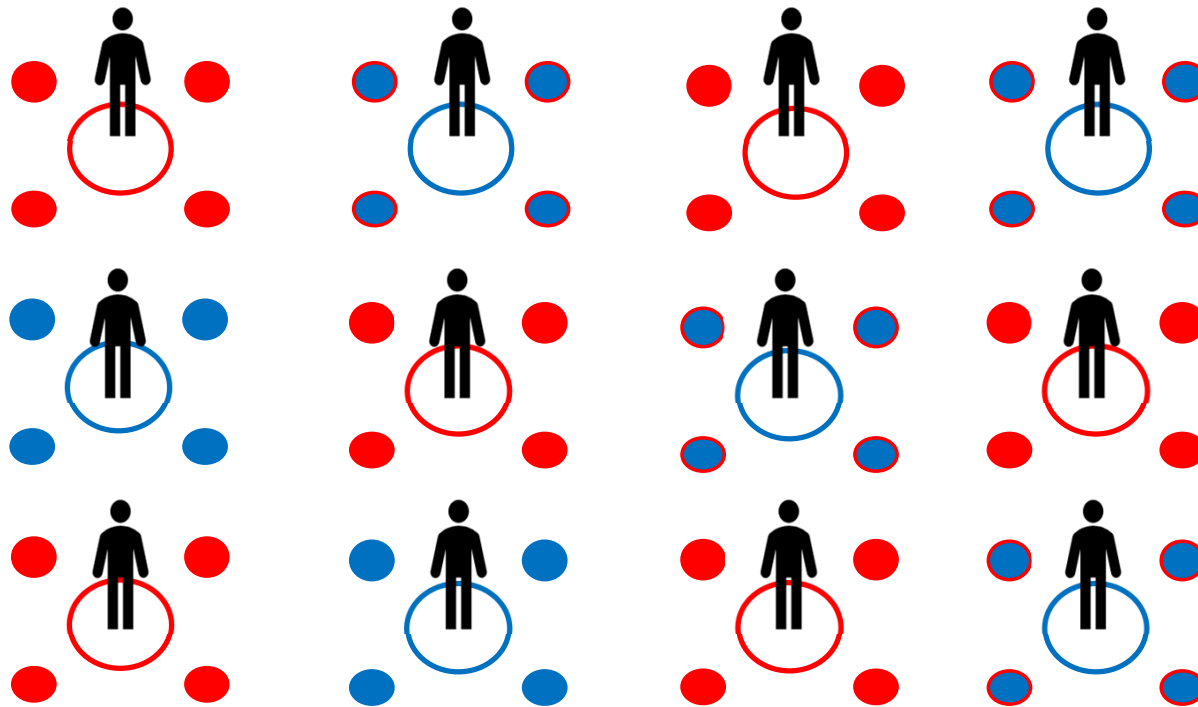
Create a triangle of cones in a colour sequence in the centre of your space.

Place hoops in a line, parallel with each side of the triangle 5m away from the hoops

Then shout a colour for all people on that colour to follow the instruction.



PE set up for Physical distancing – example 3



Each child has their own 'Space to Grow' (aka coloured hula hoop with 4 cones)

Each square should be 2m apart.

You'll see that the colour boxes alternate. This is so that we can play static team games, where the reds are competing against the blues.





Footgolf is a great game combining the skill and accuracy of golf with the fun of football.

Children use their feet to kick a ball into a target such as a hula hoop.

Set out a course of 'holes' around the playground or field and keep a tally of how many kicks it takes each child to get around the course.

PROGRESSION IDEAS

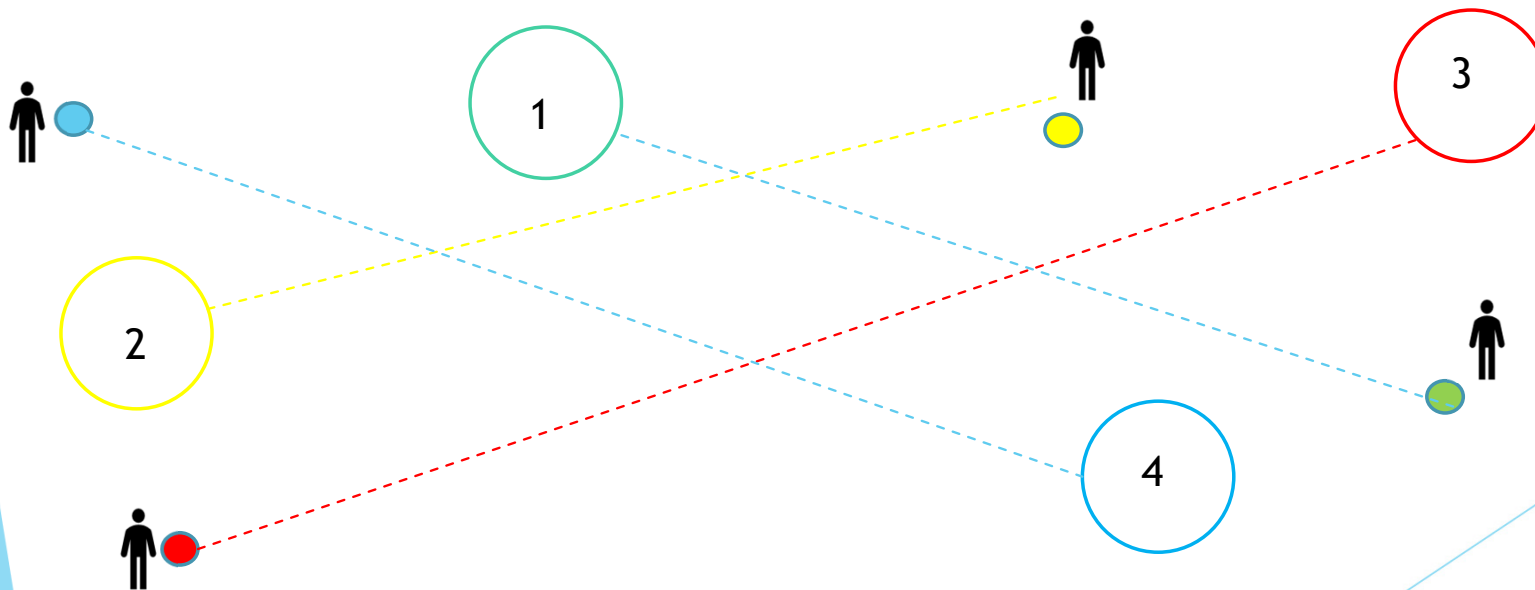


Challenge older children to use a smaller ball, while keeping younger children interested with a football or large sponge ball.

How about trying it with a hockey stick (how many hits) or tennis racket or throwing a shuttle cock?

Develops these skills

**cognitive; sending;
accuracy; passing**





Mirroring is a great way to encourage children to get creative! Can they copy each other? Can they be creative?

Working in pairs and staying in their hula hoop (2 metres apart of course) the children take it in turns to be the leader. Their partner must mirror the actions of the leader.



PROGRESSION IDEAS



Maybe the leader could come up with the movements of a worker ie a gardener or someone who delivers parcels. Can the children think of movements and actions that these people may do in their job?

Or how about creating a sequence of 5 moves for their partner to do – it's a great memory game

Develops these skills

Agility; timing; reactions;
coordination; cognitive





I just love playing **Statues**. It's really simple and kids love it!

If you have the option play musical statues, and the children move around in their hula hoop doing crazy moves, you shout freeze and they have to freeze like statues. You pick the best statue each round. It's really easy to include a theme for them to move or freeze in – e.g. freeze like an animal or a superhero.



PROGRESSION IDEAS



If the children are able to stay in their hoop you could introduce a "jump out and jump in" to the music, just shout it out when the music is playing and the children can jump out and back in to their hoop and carry on with their crazy moves.

Develops these skills

Coordination; static balance; timing; agility; reactions



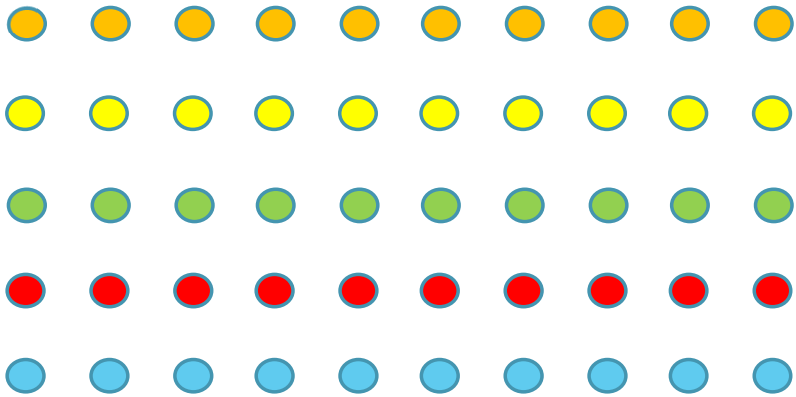


Code Storm is one of my favourite PE games for developing team working. Take it in turns to set the code for the rest of the group to crack. How many turns will it take them to crack your code?

Set up 5 parallel columns of the same colour cone. Then one person sets a secret sequence of colours. The others take it in turns to try crack the code by moving to a colour on the row – when they get one wrong, the next code breaker takes a turn.



Code breakers



Code master



Secret Sequence

PROGRESSION IDEAS



You can use a shorter grid, or add more colours with different groups. You could add an exercise at each cone. Can they watch the person before them and use their collective team knowledge to crack the code?

Develops these skills

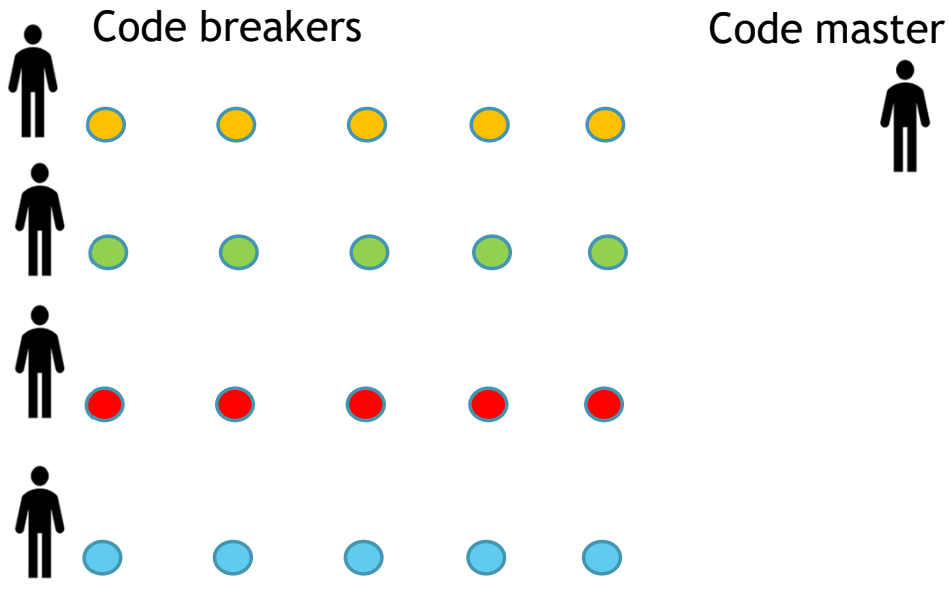
Cognitive; travelling; teamwork





Body Code In this game children have to perform an action at each cone to try and win the game by cracking the code.

It's best played in small groups (of 5). One person sets the code, the rest stand behind a line of 5 cones each. They perform an action at each cone and if they get it wrong they go back to the start and the next person takes a turn.



Example code

1. Press up
2. Sit up
3. Touch toes
4. Burpee
5. Star jump

PROGRESSION IDEAS



It's easy to modify this game – how about a tennis game where they have to perform a forehand, lob, smash or drop shot; or football where they must perform a short pass, a shot, a header or a long pass? (all with an imaginary ball) Ask the code master to be creative and to demonstrate all the possible actions

Develops these skills

Cognitive; agility;
flexibility; strength

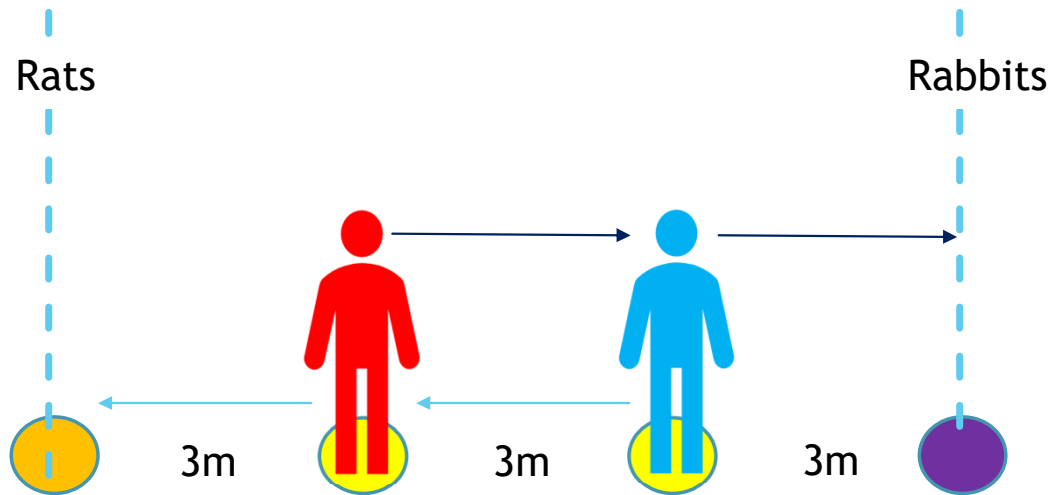




Rats and Rabbits We've modified the usual version of this classic game to make it work.

We're sure they will still love it!

Children work in pairs – 1 is a Rat and 1 is a Rabbit. When you shout **RATS** they both travel towards the Rat line – the first one to touch the next cone they meet with their foot wins. (When you shout **RABBITS** they go the other way.



PROGRESSION IDEAS



You can switch partners to change the challenge level

You can add in an action while they are waiting to hear 'Rats' or 'Rabbits' e.g. star jumps, or you can change their starting position – sitting down; crouching; facing in, facing out

Develops these skills

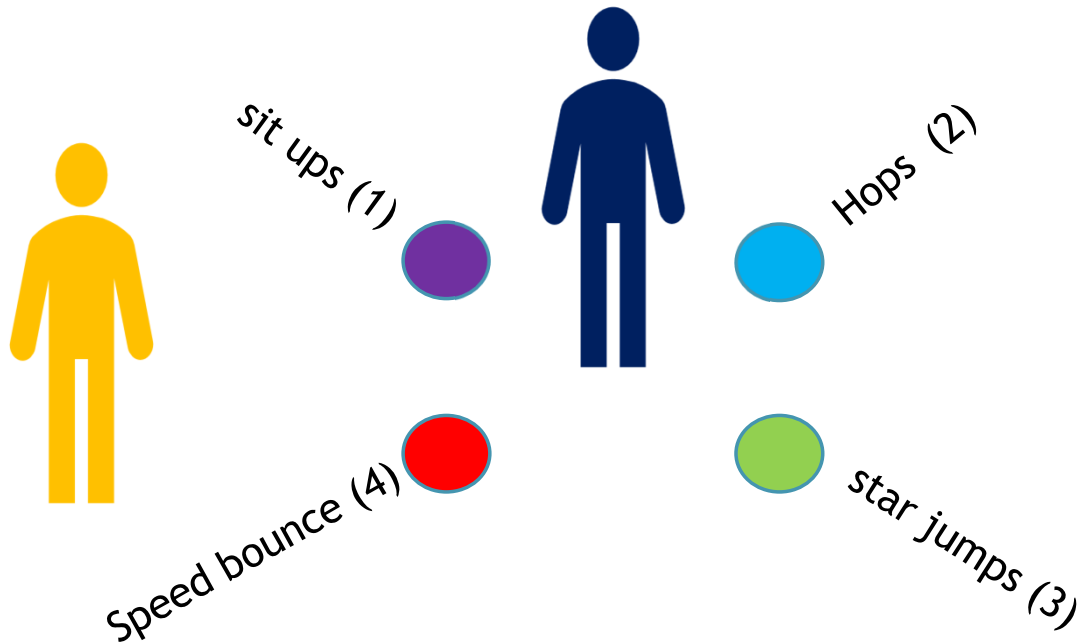
Cognitive; reactions;
speed; agility; travelling





Fitness circuit One person has a go while their partner keeps count and adds up the score.

Do 2 minutes of continuous workout – but you can choose what exercise you want to do. Each exercise has a different points value. So in our example if you were to do 5 hops you would get 10 points (5×2), 2 star jumps would be 6 points (2×3).



PROGRESSION IDEAS

You can change the exercises to make them age appropriate and you can shorten/lengthen the time.

This is a maths challenge for the person counting – FOR YEAR 5/6 can they work out mean and modes?

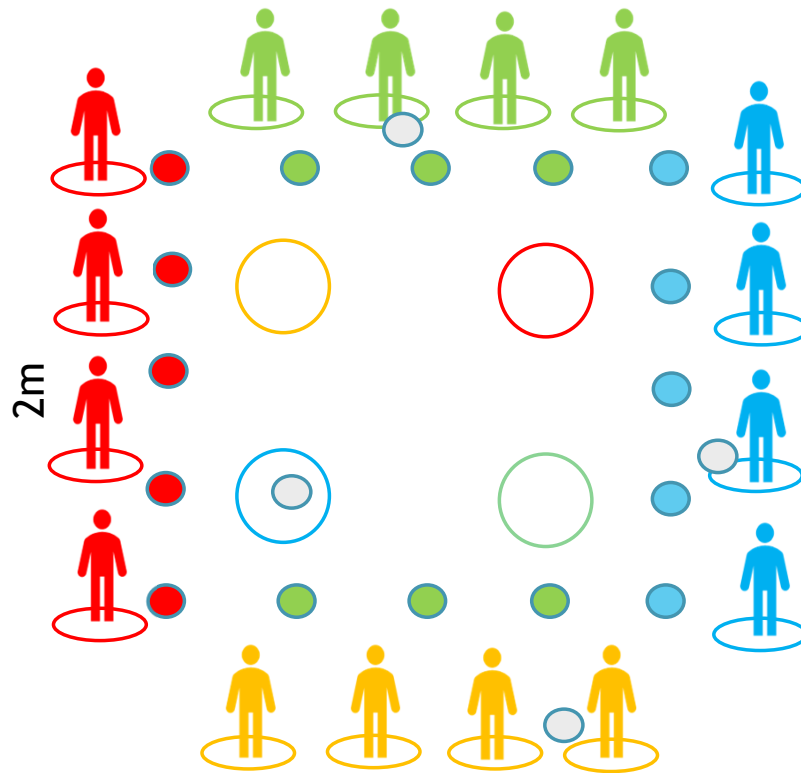
Develops these skills

Cognitive; strength; stamina; organising limbs; coordination





INTERHOOP- there is lots of decision making in this game – it's all about how much you attack and how much you defend, all from the safety of your own 'space to grow.' There are 4 footballs. The aim is to get a football into your teams hoop – the last team to do this is the losing team. You cannot leave your own space, but you can kick the ball to knock another teams ball out of a hoop.



PROGRESSION IDEAS



This is a game of swings and roundabouts – Just when you think you've won your team's ball will get knocked out of your hoop!

You can add in more (or less) balls, play with smaller balls or try it with hockey sticks and balls.

Develops these skills

**Cognitive; accuracy;
sending; timing;
teamwork**



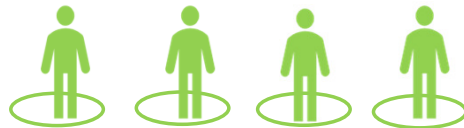


Gymnastics Alphabet – in this fun gymnastics activity children use their bodies to create the shape of a letter – they must be able to hold the shape. Start by asking them to make the shape of the first letter of their names, then let your imagination go wild! Spell their whole name out, get their neighbour to suggest a word, roll a dice and choose a word with that many letters in.

EXAMPLE



Make a Y with your body



Be a 'Y'



2m



PROGRESSION IDEAS



They can play in pairs with the neighbour on their left. 1 makes a word, the other has to work out what the word is. Can the whole group work together to spell out the alphabet? Can you use numbers instead of letters? There are endless possibilities with this game.

Develops these skills

**Agility; coordination;
flexibility; strength;
balance**





Point's of contact – This is a really simple gymnastics game you can play. Simple roll a dice (or ask a child to pick a number) and the group all has to have that many points of contact touching the floor – so if it's 1 are they standing on one leg, if it's 5 do they have both feet, both hands and their heads touching the floor? Can they hold the balance?

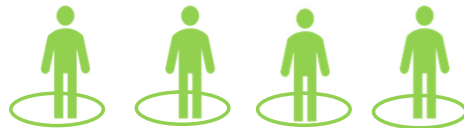
EXAMPLES



2 points of contact



1 point of contact



5 points of contact'



2m



PROGRESSION IDEAS



They can play in small groups? Maybe the person opposite or next to them has to copy their number. What's the largest number a group can achieve? Can you incorporate some maths? Maybe everyone chooses their own number and then they all work out the average.

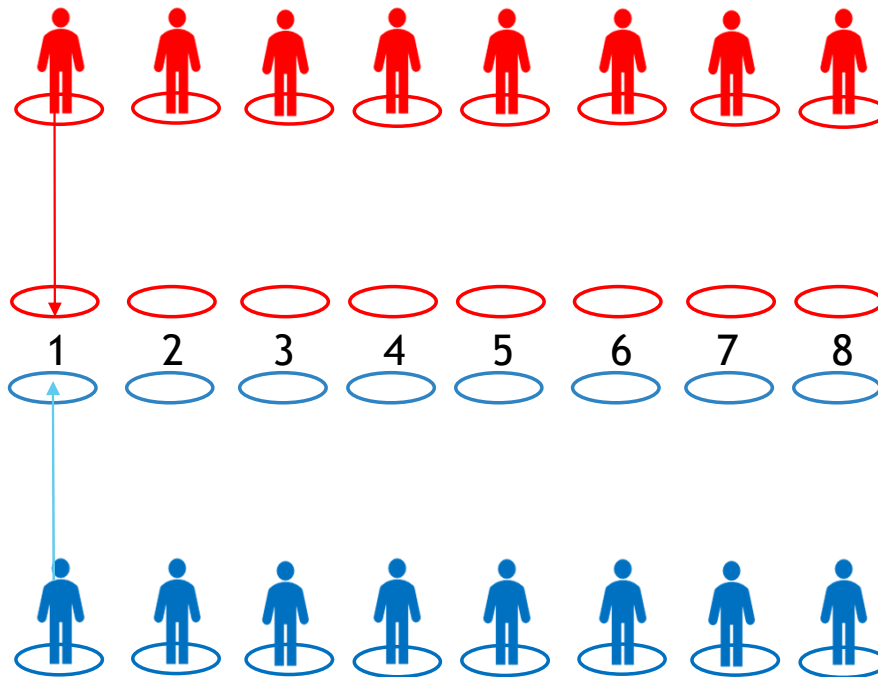
Develops these skills

Agility; coordination; flexibility; strength; balance





Relays– kids love relays and they are great way to get them moving and to check skills. In this set up we've modified the traditional relay to incorporate physical distancing. You run into the hoop to do a task and then run back. Each child has their own personal equipment in their 'Space to Grow' and they run (or skip or hop) into the middle hoop to perform the relay task.



Skipping rope – even numbers only!



PROGRESSION IDEAS



Make the rules and actions age appropriate. Ask the group to come up with a sequence for the relay (a simple sequence would be odd numbers, then even numbers) or you could shout 'people with an A in their first name' – then all those children go at the same time to complete the task in a race.

Develops these skills

Agility; speed;
coordination; teamwork



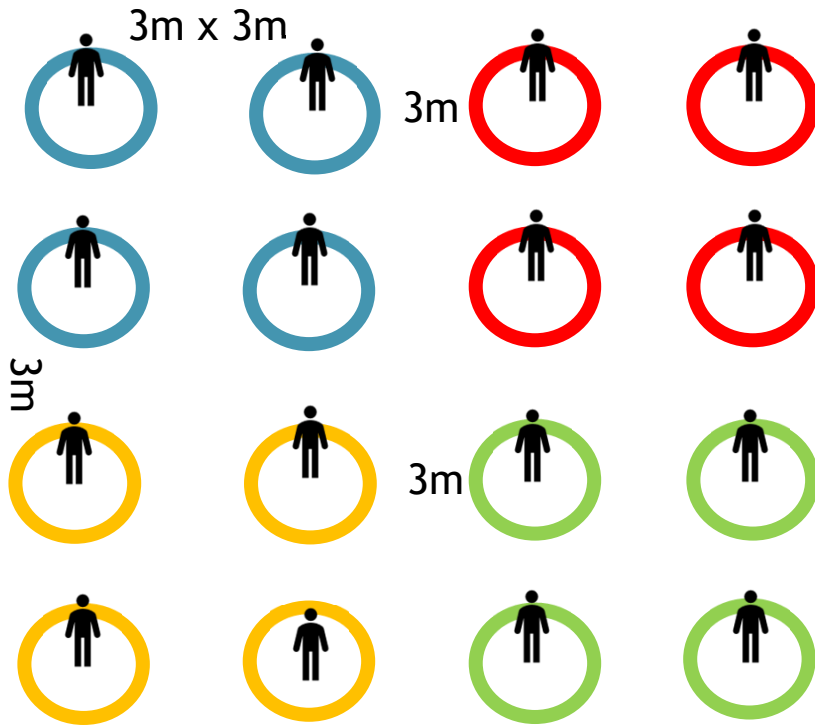


Simon says – It's a classic reactions game!

Let the children take it in turns to be Simon.

If they say "Simon says do this" all children copy the action in their own hoop, if the leader just says "do this" the rest of the children shouldn't copy the actions.

Tell the group they get a point every time they get one right and lose a point every time they get one wrong.



Simon says...put your left hand in the air!



PROGRESSION IDEAS

Let them each lead their own game within their own colour group. Then let them lead the whole group.

Which children are being really creative and showing good leadership skills when they are leading? Can they go faster and make the actions more challenging?

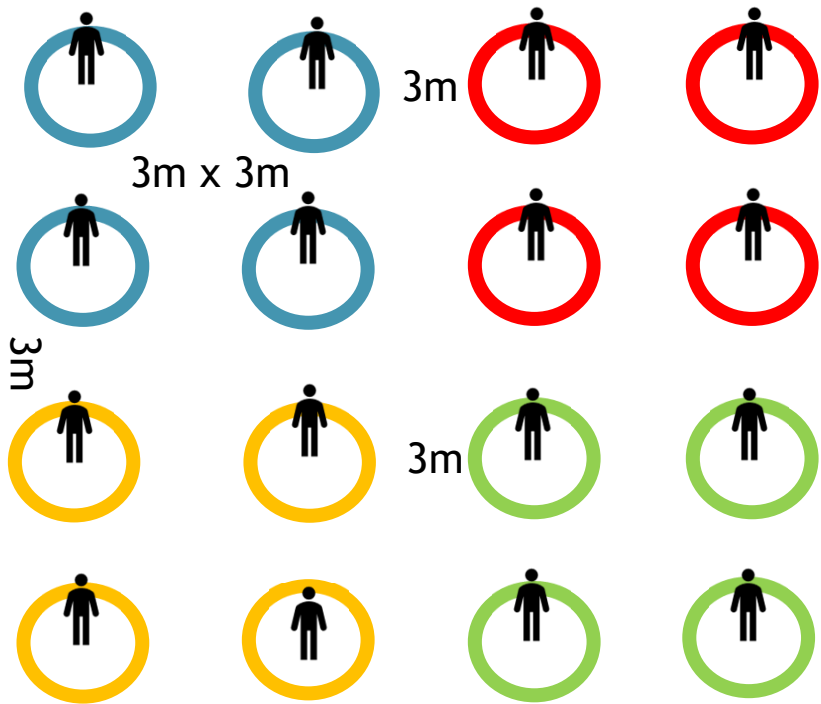
Develops these skills

Coordination;
communication; timing;
reactions; leadership





Exercise hoop is a great way for children to perform different exercises in a controlled area. Start by being the leader and the group has to copy your actions. Then make a child in each colour group the leader of their group and let them lead their group. Encourage them to think about what movements and exercises they can do and change the leaders regularly.



Can you do this?



PROGRESSION IDEAS



Now the children have practiced lots of different movements, ask them to choose one exercise that they want to show the rest of the class. All the other children have to do as many of this exercise as they can in 10 seconds.

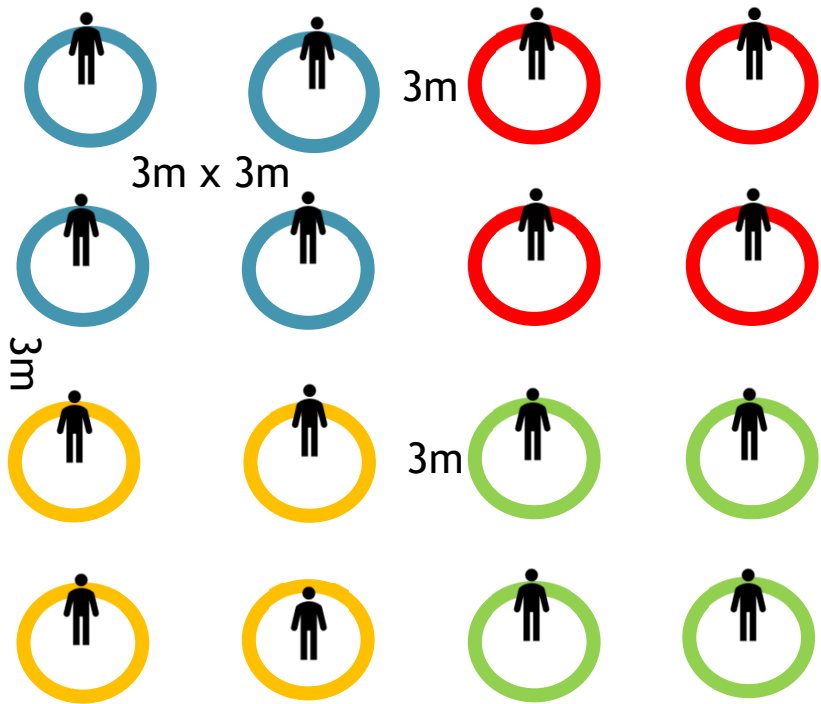
Develops these skills

Coordination; teamwork;
leadership; creativity;
flexibility; stamina





Stretching is a great way to start or finish a physically active session. Let the children come up with one stretch each, one that hasn't been done before and ask them to demonstrate it to the group. Everyone copies and does a set of 5 of each stretch. Go round the group and let everyone have a turn.



Who wants to go next?



PROGRESSION IDEAS



Instead of doing each stretch a set number of times you could put a time on it. Can you perform this stretch for 1 minute. Get the children to nominate the next person to take a turn choosing the stretch. Discuss which muscles or parts of the body are being stretched and why stretching is important.

Develops these skills

Leadership; flexibility; stamina; communication





Design a Dance The children are going to stay in their own hoops and work in their small colour groups to choreograph a dance routine. Let them be creative, but tell them that each member of the team has to contribute at least 2 moves to the dance. They will have 10 minutes to work on their dance, it should last 2 mins and they will show it to the rest of the group. The whole group gives feedback and decides a winning dance troupe!



PROGRESSION IDEAS



Maybe give them some things to include – for example a crouch; a jump; a balance. Maybe you could give them a theme – can they tell a story through their dance – could they create a sequence which follows on – like an electric spark at one end which travels through the group? There are endless possibilities here!

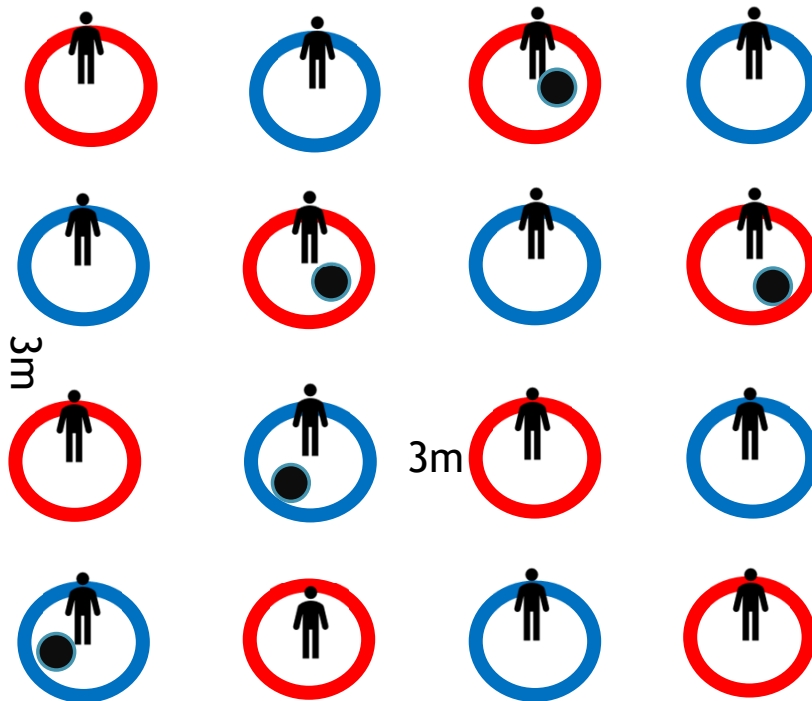
Develops these skills

**Creativity; teamwork;
agility; timing;
evaluation**





Defend your castle This is a lot of fun and can easily be played as a team game. The children are going to stay in their own hoops and try to hit balls into other peoples hoops – using hockey sticks or tennis rackets (no sharing or swapping) to hit the balls. When the game ends (the teacher shouts stop or blows a whistle) if you don't have a ball in your castle you get a point.



PROGRESSION IDEAS

Make it into a team game by colour coding the castles – blues are playing against reds in this example.

You can do this as a football game too, but make sure you use appropriate equipment – no throwing as we don't want to touch the equipment.

Develops these skills

Reactions; agility; timing; sending





Human Fussball You know the brilliant game with the metal rods through footballers that we all love to play? Well this is the Human version. Two teams playing against each other, but each player must stay in their hoop. They are trying to pass the ball to their team mates and score in the oppositions goal.

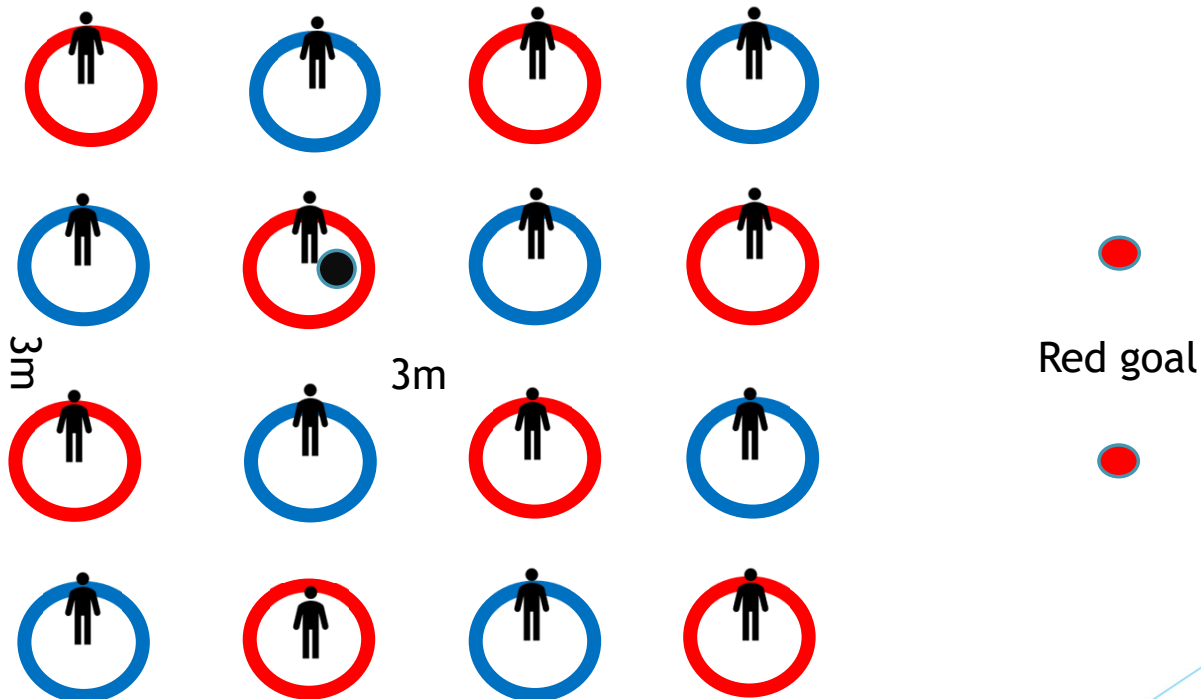
PROGRESSION IDEAS



Add new rules for differentiation – Perhaps they must score a minimum number of passes before a goal can be scored?

Set children personal challenges – 'You can only pass it with your left foot' or 'you have to do backheel passes'

Blue goal



Develops these skills

Teamwork; passing;
shooting; defending;
attacking; timing





Sneaky Jumpers Two players stand 6m apart, each in a hoop with a cone the middle. One person who turns their back and one person is the 'Sneaky Jumper.' Jumping only, the sneaky jumpers has to get to the cone in the middle and touch it with their foot. The person on has to turn around and catch them jumping before they get to the middle cones. If they get caught swap roles. If the sneaky jumper gets to the middle cone they get a point.

PROGRESSION IDEAS



To make this game age appropriate can you add some conditions – For example - if you take off from two feet land on one (a different foot each time) – or how about asking the detective to work out how many jumps it took for the Sneaky Jumper to get to the hoop?

The detective



Sneaky jumper



Develops these skills

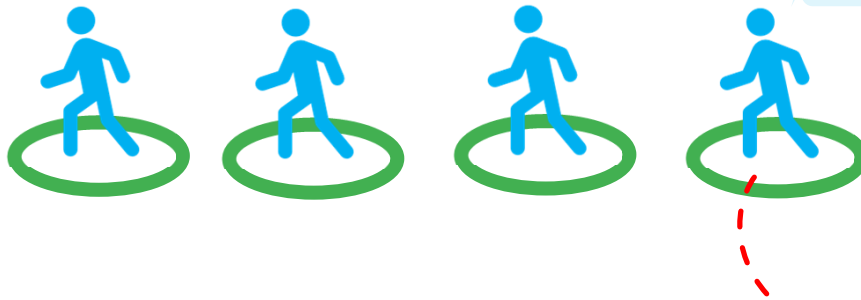
Jumping; timing; travelling; balance





Jumping Quiz - Line the children up and place a cone 5 meters in front of each one. You (or a child asks a question), whoever shouts out the right answer first takes one jump forward. Whoever gets to the cone in front first is the winner. (It should take them 4 or 5 correct answers to win then play again)

The jumpers



7!

3 + 4?

The quizzer



PROGRESSION IDEAS



The great thing about this game is how cross curricular it is – the questions can be about anything – from basic numeracy for Reception to topic based questions on the Romans! Be creative, imaginative and make them think.

Develops these skills

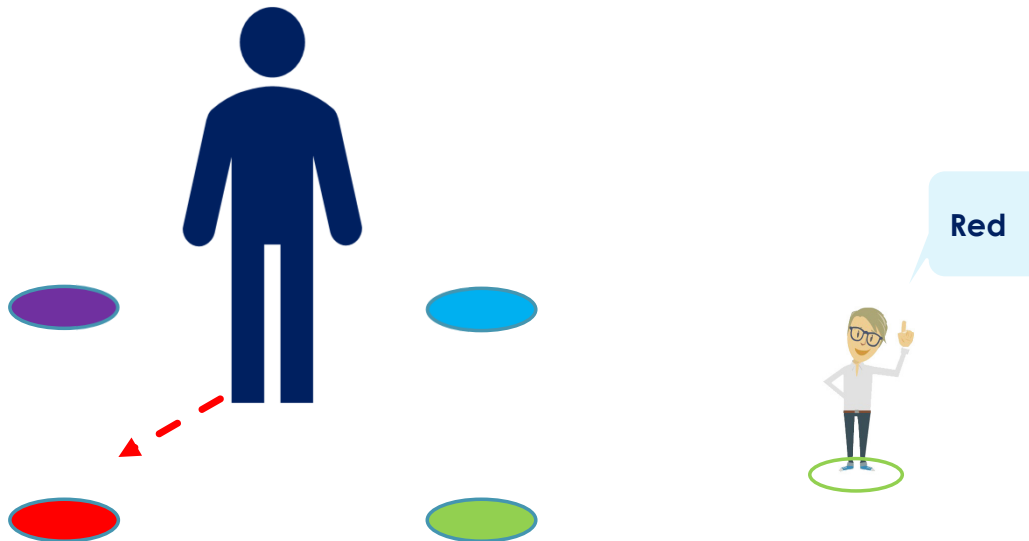
Jumping; reactions





Reaction Actions One person has a go while their partner keeps shouting colours.

If you are in the square you work for 2 minutes, reacting to the instructions of your partner who is calling colours. You must touch the cone with your foot and return to the middle of your square as quickly as you can. Keep count of how many you can do in 2 minutes and try to beat it on your second go.



PROGRESSION IDEAS



For younger children you could just have 2 colour cones, for older ones maybe you can have more than 4?

You could also shout a number before a colour, so 5 Red, and then 3 green – make it fast as you can to challenge the skill!

Develops these skills

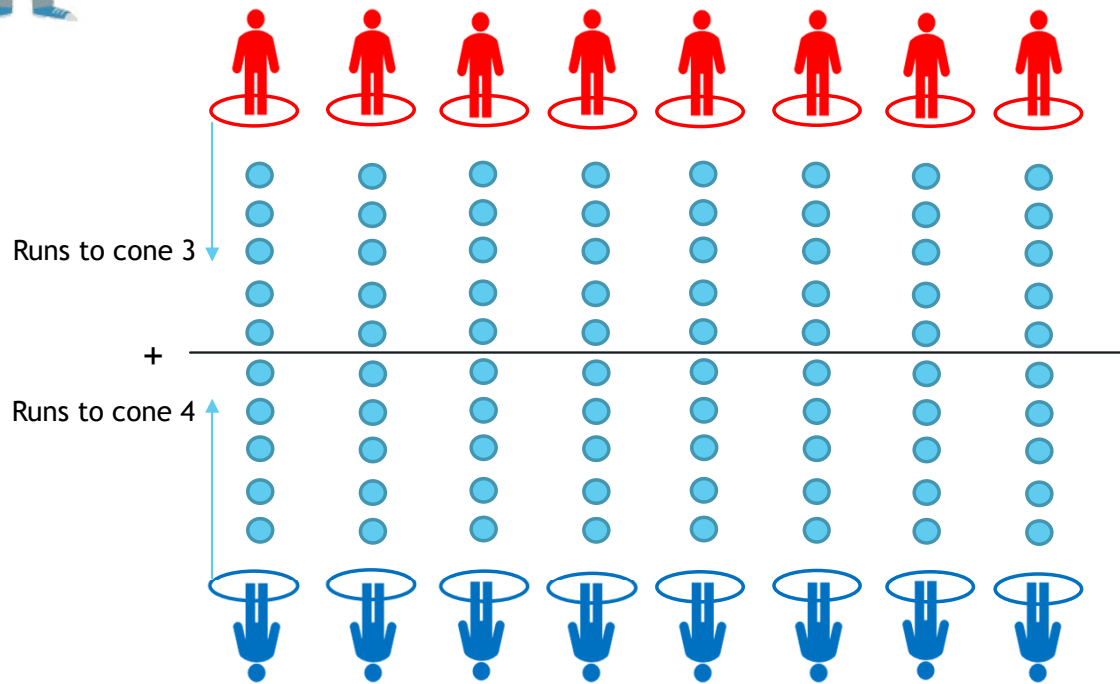
Cognitive; stamina;
timing; speed; reactions





STEPPING STONES

In this game players work to solve a maths question and use movement to give you the answer. Each player has 5 cones in front of them – if you shout '2+2' they would work out that the answer is 4 and then run to that number cone. First one there wins. Then they work with a partner (facing them) – now they must agree what the answer is and how many cones each of them will run to – if the answer to the sum is 7, 1 player runs 4 cones and one player runs 3 cones. They need to communicate to agree who is running how many cones. First team to be at the right solution wins.



14 divided by 2

PROGRESSION IDEAS



This one is really easy to adapt for the different ages – use basic counting skills for the reception children and increase the difficulty as they go up through school – Number bonds, addition, subtraction, divisions, fractions, number of sides in a shape – asking the right questions will keep this interesting!

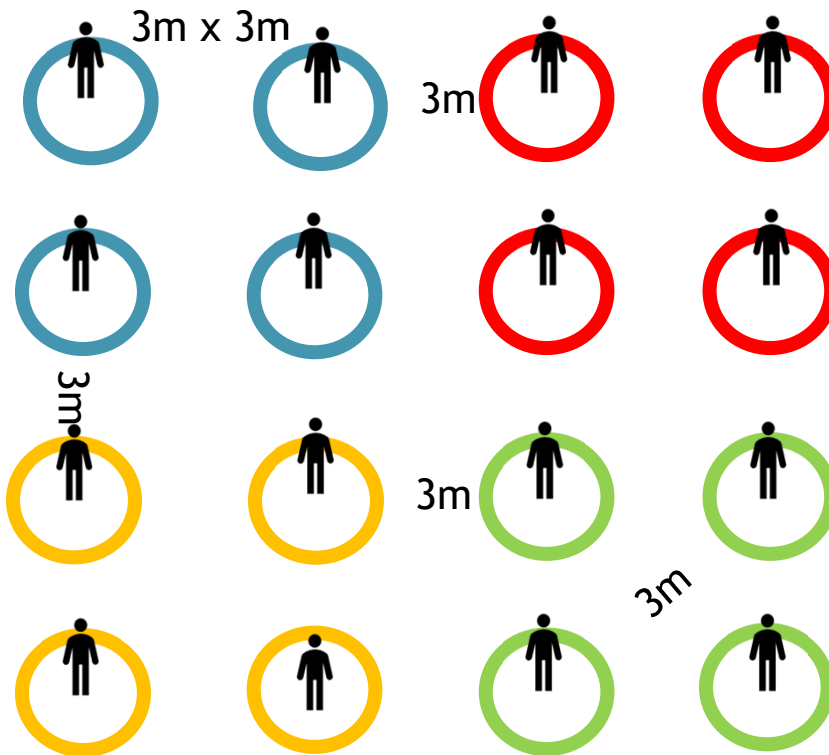
Develops these skills

Teamwork; speed; travelling





Head tipper is a fun game to develop catching and reaction skills. All children in their own hula hoop, they place a cone on their head and tip their head forward and catch it with 2 hands. To make it more challenging children have their hands down by their sides and can only move their hands when the cone has slid off their head.



PROGRESSION IDEAS



Change the way the children slide it off their head – to the side – to the back.
CAN THEY...
Slide it off one side and catch it with opposite hand?
Slide it off the back of their head, spin round and catch?
Do it with their eyes closed?

Develops these skills

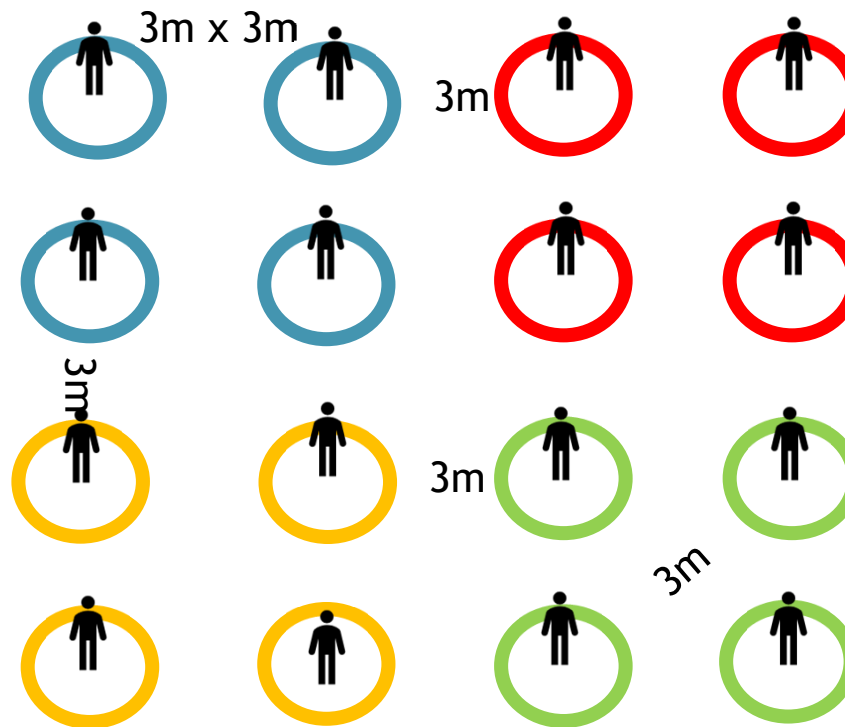
Coordination; timing;
reactions





Frogger develops teamwork in a jumping activity.

- Children jump clockwise from their hoop to the next hoop in the coloured group.
- Try and get the children to jump at the same time, maybe use a clap so they all arrive at the next hoop simultaneously.



PROGRESSION IDEAS



Change the way they move, hop, skip, run etc. Remind children to work together, can they communicate with their team mates? Do they have a sign or signal when they jump?

Develops these skills

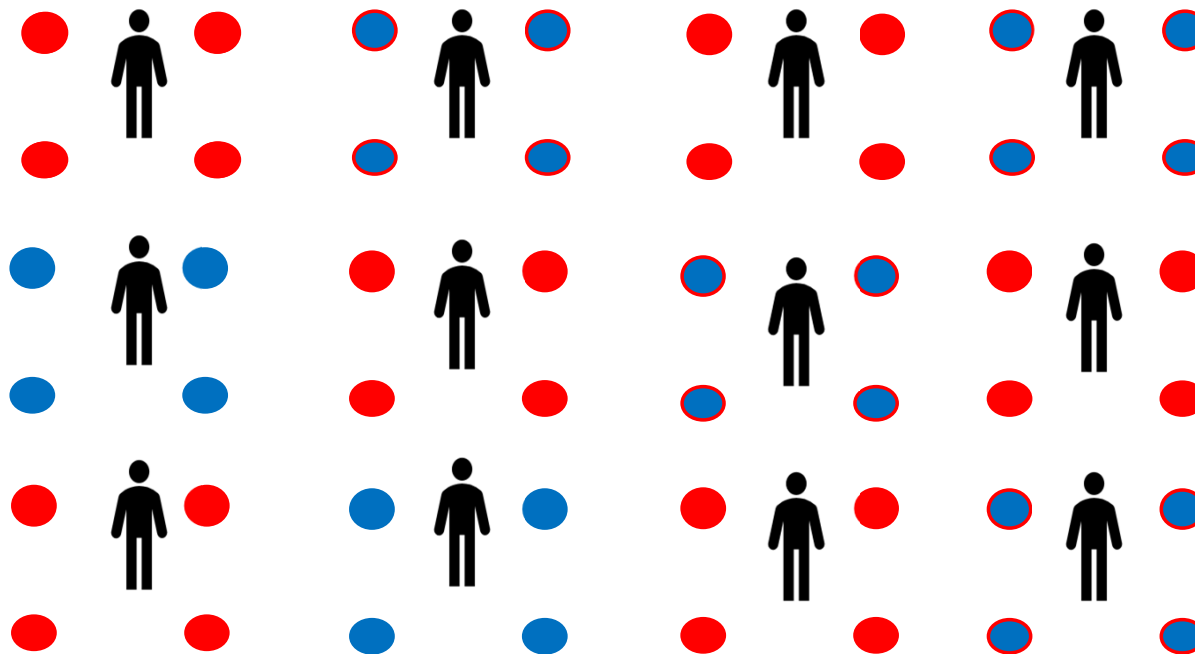
Teamwork; timing;
reactions;





Body ball is a great way to use different parts of the body to control a ball.

Children have an airflow ball and try and use different parts of their body to keep the ball up, i.e. palms of the hands and hit the ball up. How many times can they keep the ball up whilst staying in their coned area?



PROGRESSION IDEAS



Can they use other body parts, their feet, knees, shoulder etc?

Can they demonstrate a sequence of different parts of the body to keep it up, hand, hand, knee, foot and catch?

Can they challenge others?

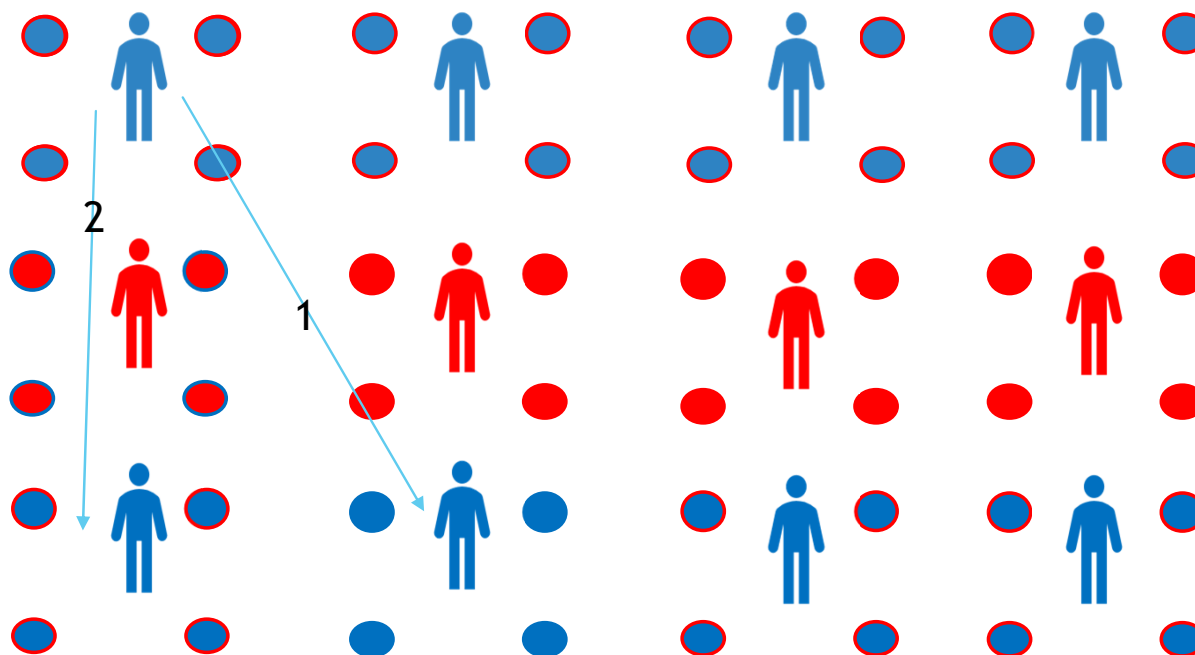
Develops these skills

**Teamwork; timing;
reactions;**





Blockade develops accuracy, speed and disguised passing. All children have a plastic hockey stick. The teacher introduces a ball to the blue team at one side, they have to try and get the ball through the blockade (the red team) in front of them to their teammates at the other side, who repeat the process. The blockade has to stay in their own zoned area, the blockade has to knock the ball out of the area



PROGRESSION IDEAS



Introduce multiple balls.

Pass 1 – they can play to any member of their team on the other side.

Pass 2 – they can only pass to their direct partner (piggy in the middle style).

Can they play the pass quick and use only 2 touches?

Develops these skills

**Awareness; timing;
reactions; passing;
speed**

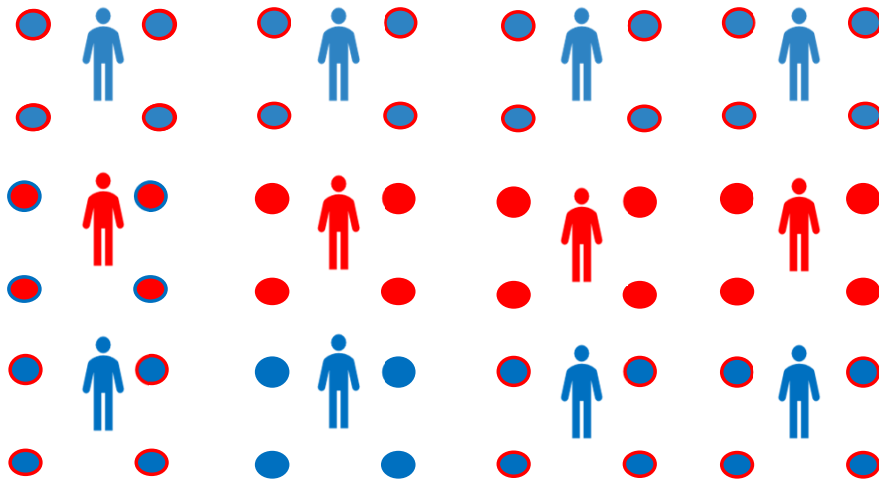




Catching Challenge will test your reactions and develop throwing and catching ability.

Children have an airflow ball and throw the ball up in the air and see how many claps they can do and catch it in their coned area

Group set up



Individual challenge

PROGRESSION IDEAS



Can they catch it with one hand?
 Can they challenge others in a ladder match?
 Each player has to say "I can catch it and do one clap", the other child then either says "do it" or "I can catch it with 2 claps" when someone says do it the person takes their turn. The game continues for 2 minutes. If they catch it, they score the amount of claps, if not the other player gets the points.

Develops these skills

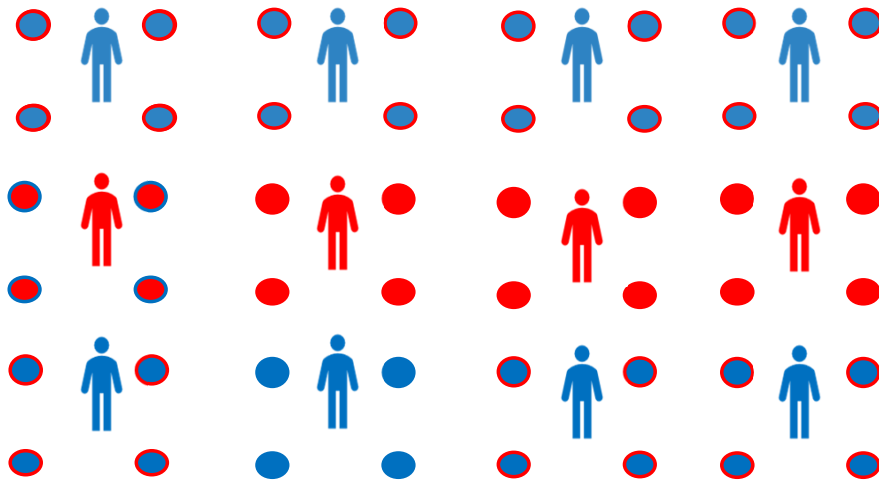
Reactions; timing;
 catching and throwing





The Floor is Lava is a fun game to encourage children to be creative and develop their fundamental movements. Each child stays in their coned area. The teacher shouts out an animal and all the children have to move around the area like that animal. Encourage children to be creative. When the teacher shouts "the floor is lava" all the children have to stand up and balance on one leg for 5 seconds, then play again.

Group set up - children act like an animal in their space, then balance on one leg when you shout - the floor is lava



PROGRESSION IDEAS



Can they do their balances using a different pose each time?
Can they do their balances on the floor?
How about extend the balancing time?

If a child demonstrates a difficult balance can they copy it?
Can they balance with their eyes closed?

Develops these skills

Balance; co-ordination





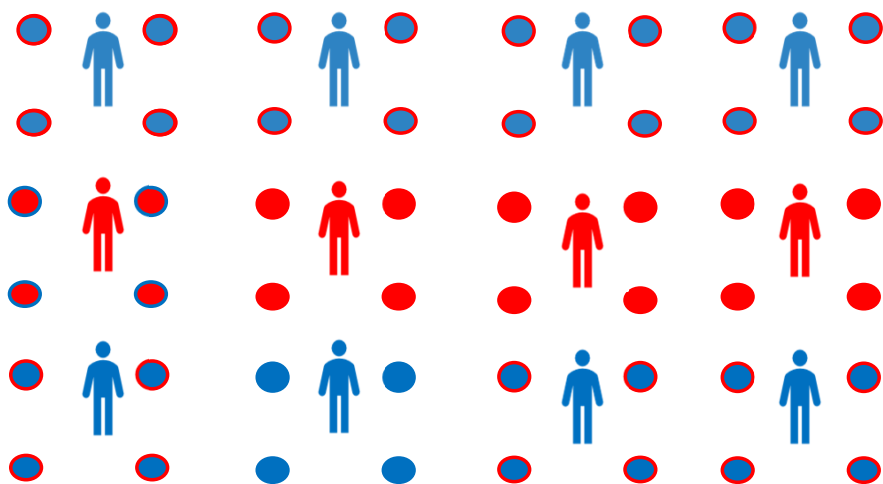
Tennis Teckers is a fun way to develop confidence and rackets skills. Children have a plastic tennis racket and an airflow ball in their coned area. They have to see how many times they can keep the ball up using their racket.

PROGRESSION IDEAS



Encourage them to be creative, if they can do one thing well can they try to make it more difficult?
 I.E Hit the ball up and flip the racket over and hit it back up with the other side?
 hit the ball up and hit it back up using the handle of the racket?
 hit the ball up and hit it back up using the side of the racket?

Group set up



Develops these skills

**Coordination; striking;
 timing; control**





Beat The Clock is a fun way to develop short passing skills and teamwork. Children have a plastic hockey stick. The objective is to get the ball round your track with every member touching the ball before the clock runs out. If the ball goes out of the area, the person who it was intended for, retrieves the ball with their stick and the game continues. They have 1 minute to get the ball round their track, starting NOW!

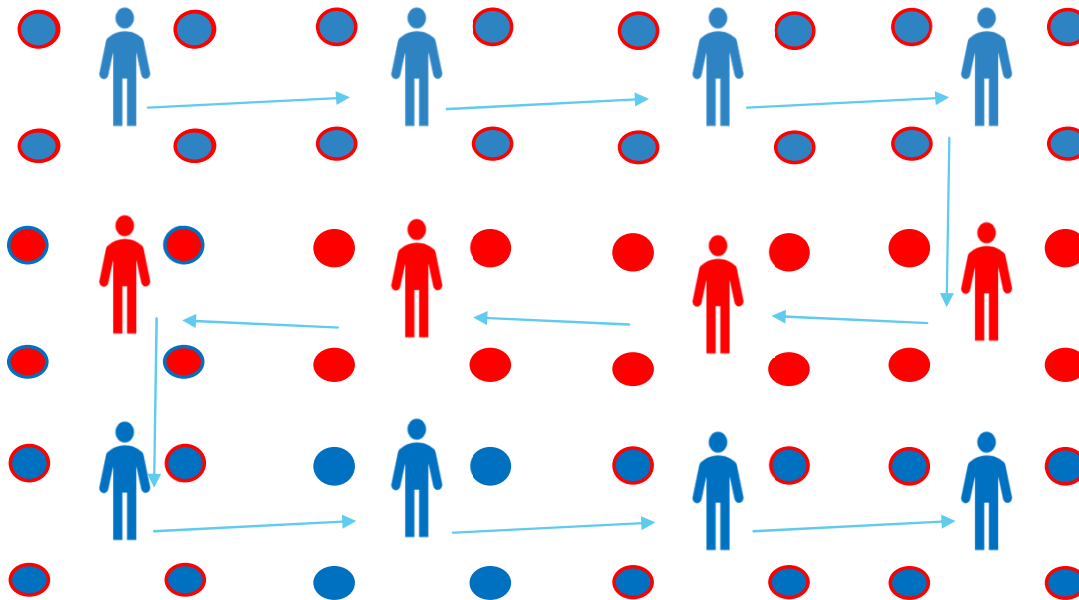
PROGRESSION IDEAS



If you want to make the game harder you can do a number of different things:

- Reduce the time.
- Shout Change – the ball has to change direction and go back the other way.
- Change the sequence.
- Introduce multiple balls.

Group set up



Develops these skills

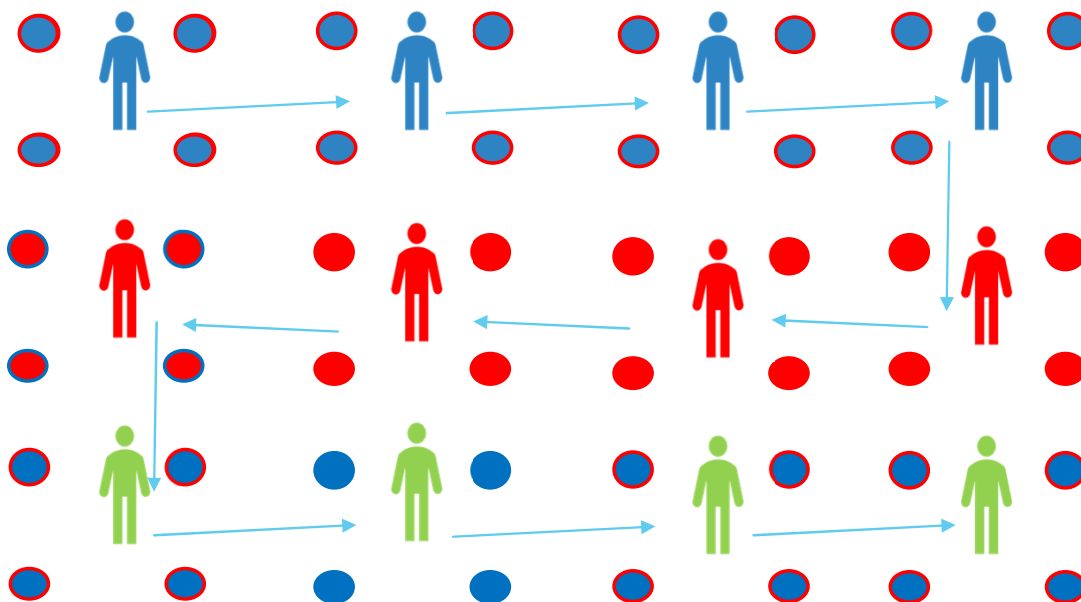
**Coordination; striking;
timing; speed; control**





Beat The Clock is a fun way to develop short passing skills and teamwork. Children have a plastic hockey stick. The objective is to get the ball round your track with every member touching the ball before the clock runs out. If the ball goes out of the area, the person who it was intended for, retrieves the ball with their stick and the game continues. They have 1 minute to get the ball round their track, starting NOW!

Group set up



PROGRESSION IDEAS



If you want to make the game harder you can do a number of different things:

- Reduce the time.
- Shout Change – the ball has to change direction and go back the other way.
- Change the sequence.
- Introduce multiple balls.
- Develop it into a race with 3 teams

Develops these skills

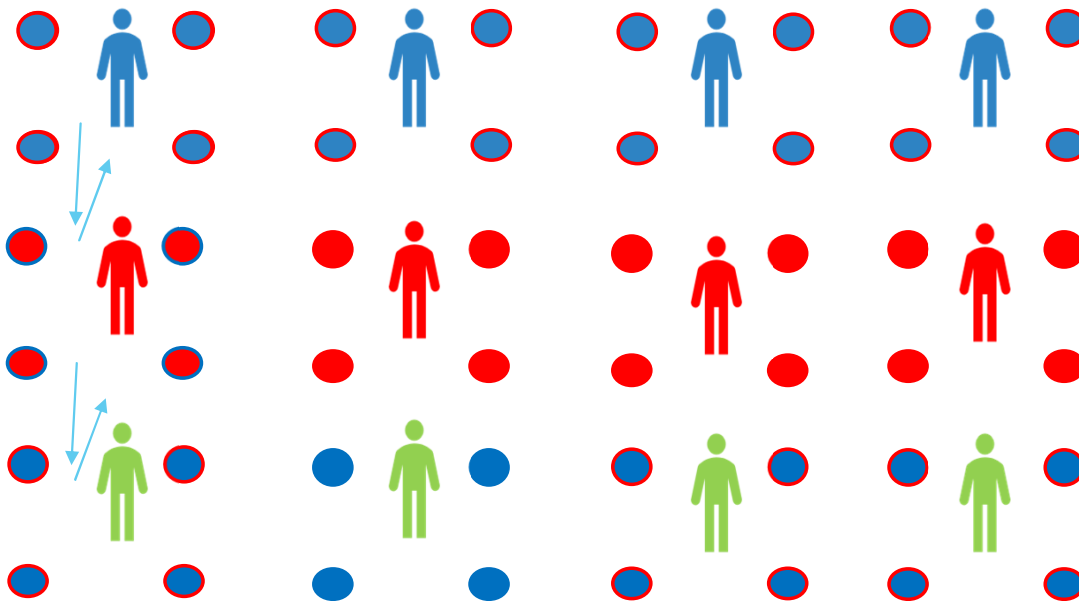
**Coordination; striking;
timing; control**





SPINNER is a fast paced reaction game. Every child has a hockey stick. They work in groups of 3. The 2 people at either end are the passers, the person in the middle (red) is the spinner. The passers have a ball each - they pass the ball into the spinner who has to pass the ball back to them, then SPINs round and repeat the action with the other passer. The passers can only pass their ball when the spinner has passed the other ball. No touching the ball, if your ball goes out of the area, retrieve it with your stick or ask another player to hit it back. After several goes, swap roles.

Group set up



PROGRESSION IDEAS



Make the passers faster.

Limit the amount of touches the spinner has

Rotate the roles so everyone gets a turn at being the spinner.

How about making it competitive – how many passes can a group achieve in 3 minutes?

Develops these skills

Coordination; striking;
timing; control; passing





The Detective A fun game of reactions and interesting movements. One player goes into the Detective hoop and turns their back to the group. You chose one person (silently point at the person). Tell the detective to turn around to face the group. The person you chose to be the Ring leader does movements that the rest of the group must copy, without giving away who is the ring leader. The Detective gets 3 guesses!

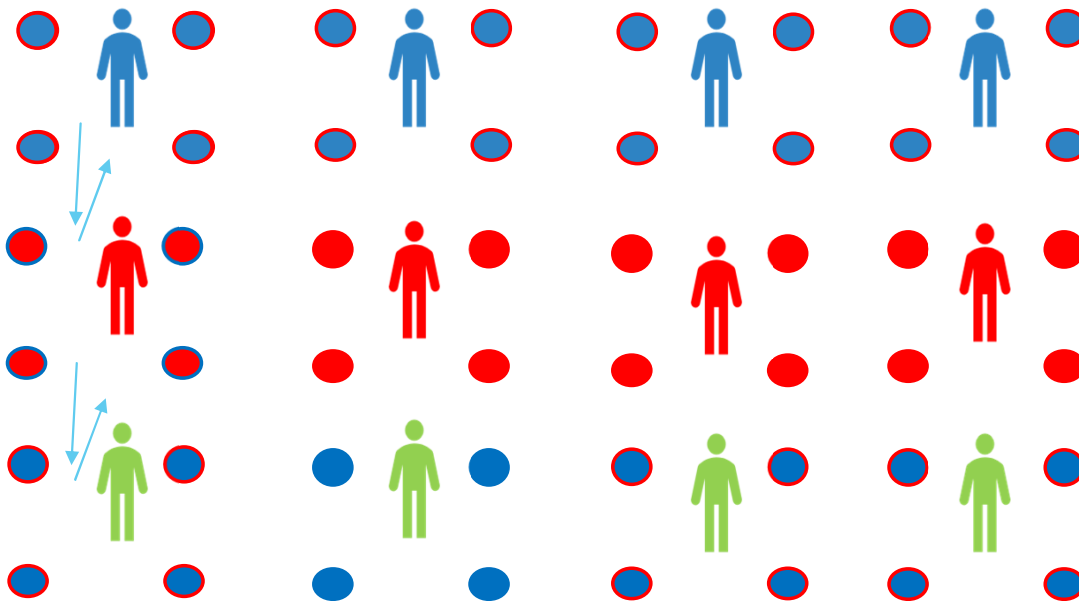
PROGRESSION IDEAS



How quickly can the group react and copy the Ring Leaders actions? Can they disguise who they are looking at?

Reduce the number of guesses the detective gets.

Group set up



Develops these skills

Reactions; teamwork; disguise; timing; agility

I think it's Alan!



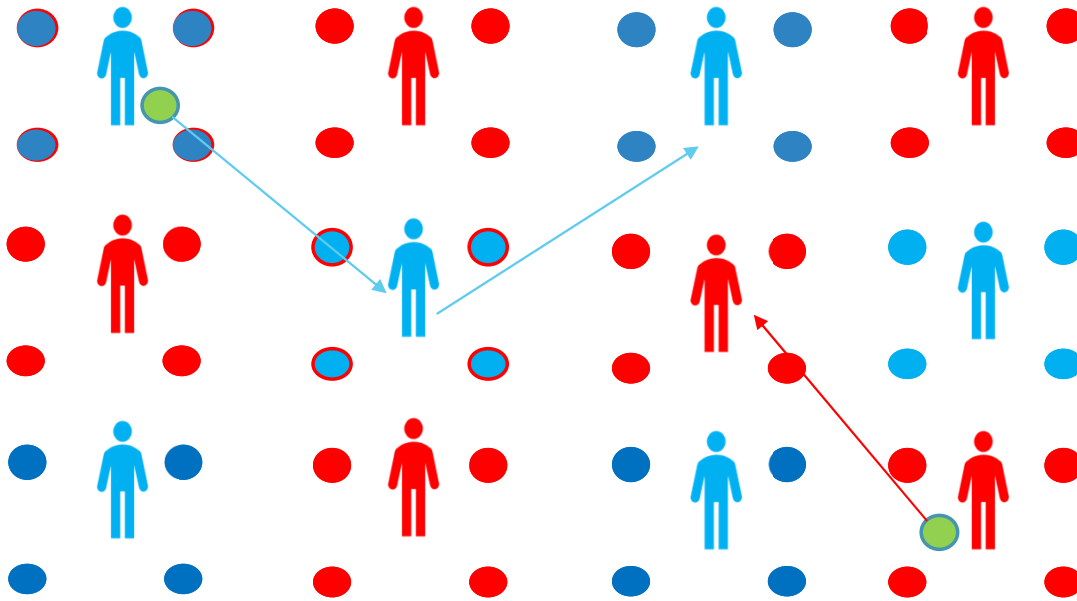
The Detective





The Maze This fun passing team game will develop control and passing abilities over a small distance. The children are in 2 teams and the objective is to get their team ball from one end of the area to the other end with every team member touching the ball. The other team can not intercept their ball. Both teams play at the same time, if the ball goes out of the area, nearest person brings it back to their area using their stick and the game continues

Group set up



PROGRESSION IDEAS



Make it competitive!

Allow the other team to intercept.

Introduce another ball if they complete the task.

You can play this game with Footballs, tennis rackets and balls or hockey sticks.

Develops these skills

Manipulation; teamwork; passing; timing; speed



Physically distanced PE and physical activities

You can find lots more links to PE and physical activity games and ideas on our YouTube channel (just search PE Partner) and in our SPIRALPE platform.

You can find out more at www.spiralpe.co.uk



Want to add yours too?

We are really keen to hear about your experiences of physically distanced PE and physical activity games so that we can share them with the world, so please get in touch and send us your ideas by email to info@pepartner.co.uk

And remember...

MAKE IT FUN!

IT'S STILL PE!

DEVELOP PHYSICAL SKILLS