

how to play:

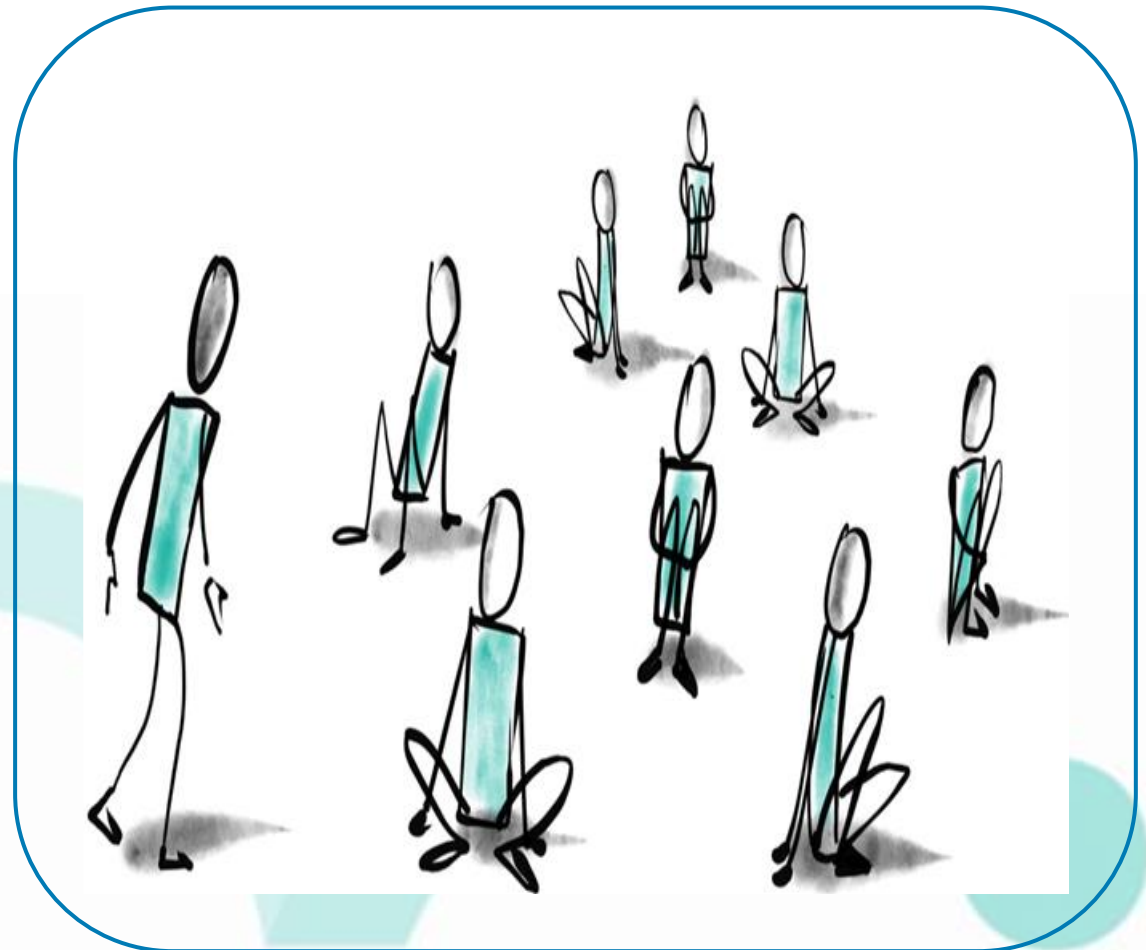
- Explain to the children what a 'good space' is in PE. Demonstrate this, before selecting 2 or 3 children to demonstrate too.
- Ask the class to walk and sit in a space. Remind them of how they can find a space.
- Ask the class what they think a 'space' is. Ask questions such as:
"How do you know that you are in a space?"
"What does a space look like?"
"Am I in a space now?"
"Why am I not in a space?"
"Am I in a space now?"
"How do you know I am in a space now?"
- Ask the children to move around the area. Start with slow movements, and increase the speed gradually i.e. walking, skipping, galloping, jogging.
- On your command "go", the children have 3 seconds to find a space. Discuss who is in a good space, and the importance of being in a good space i.e. safety.
- Encourage children to move around in a good space, avoiding other children, equipment, etc.

how to set up:

- Set out a large, safe space for the children to move around in.

equipment:

- Cones
- Whistle



Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

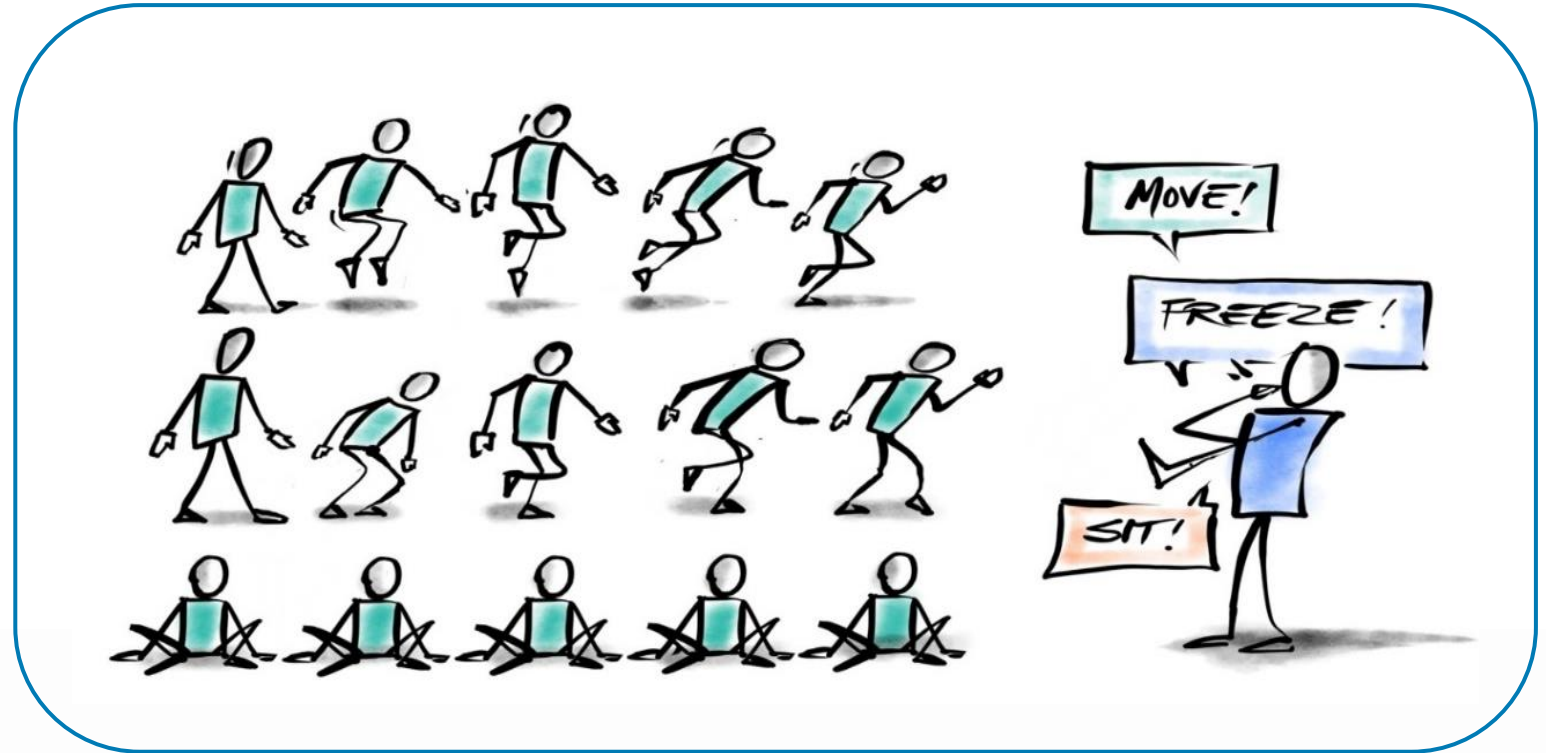
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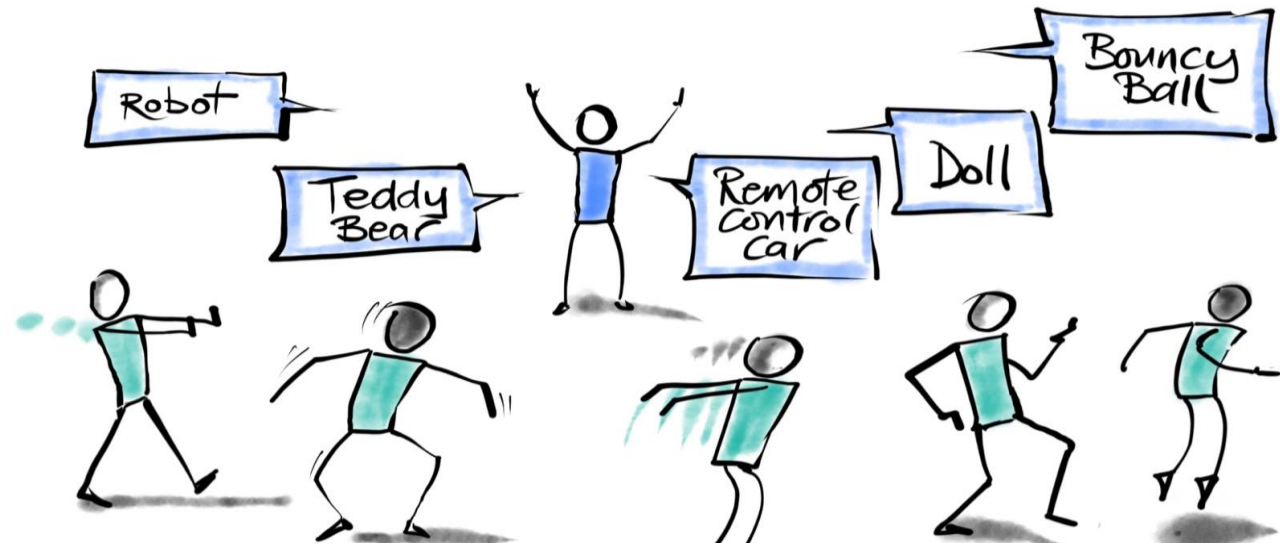
- Ask the children to move around the area. Start with slow movements, and increase the speed gradually i.e. walking, skipping, galloping, jogging.
- Tell the children, when they hear the whistle blow ONCE, they must freeze.
- When they hear the whistle blow TWICE, they must sit down where they are.
- Each time you blow the whistle, change the way the children move e.g. hopping, side stepping, high knees.
- How are the children responding to your whistle commands? Remind them of the importance of responding to the whistle throughout.

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how to set up:

- The children should work independently.
- Ensure the area is set up away from other equipment.
- Move carefully around the space avoiding other children.

**how to play:**

- Ask the children to sit in a space.
- Explain that, on your command, they must move around the area mimicking the following toys:
Robot - Teddy bear - Remote control car - Doll - Bouncy ball.
- On the signal "Freeze", the children should stop and stay as still as they can.
- "Head up and looking forward to see where you are going" – "Move carefully around the space avoiding other children".
- Encourage the children to think of how they can use their bodies to move like the toys, not their voices.

Progression: Ask the children for ideas of other toys they could move around as.

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how to play:

- Tell the story of a flower growing from a seed, using the following stretches:
- The children start in a crouched position, making themselves as small as possible (like a seed).
- They then sit up, stretching their back and neck (like the first sprout coming through the soil).
- Then stretch their arms up and slowly stand as tall as possible, stretching their arms, body and legs (like a flower growing tall).

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