



St. Gerard's Catholic Primary
and Nursery School

Social Distancing in **Physical Education Guidance**



"Guided by God, St Gerard's Catholic Primary and Nursery School is an inspiring and aspirational community where we learn to love, hope, dream and achieve."

Safeguarding Statement



“Guided by God, St Gerard’s Catholic Primary and Nursery School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.”

Why do we need PE?

Children and young people are advised to participate in at least 60 minutes of physical activity each day. This should consist of 30 active minutes in school which can be delivered in a variety of ways and 30 additional minutes at home. Pupils should participate in PE to help them in becoming physically confident, build character, embed key values and support their mental health. Children should also participate in physical activity to help them lead and maintain a healthy, active lifestyle.

How can PE be used as a support tool?

In light of the current pandemic (Covid-19), we are aware that the children within our care may be feeling anxious and uncertain about the situation. One of our key aims is to ensure that we support the mental health and wellbeing of our pupils. We can do this by helping children deal with their stresses and worries and by encouraging social interactions safely. PE is a fantastic tool that we can use to help our pupils to overcome any difficulties and encourage children to rebuild or support a healthy, active lifestyle.

How will PE look in school?

Following the government guidance that adults are allowed to move between bubbles, PE will be delivered by our Sports Coach, Mr Edwards. For the time being, there will be no contact sports taking place. PE lessons will be timetabled to be delivered throughout the week to each bubble. Each class will be their own bubble. Teachers and support staff have also been given advice and guidance on how to deliver other effective activities to groups whilst keeping safety and hygiene at the forefront of what

they do, should they wish to deliver extra physical activities within their teaching.

How will we ensure Physical Education is provided safely?

Following government and AFPE guidance, we have created a set of rules that are to be followed throughout the school in order to provide safe physical education.

- Most physical activity sessions are to take place outside.
- All sessions will be delivered in 'bubbles' only with Mr Edwards or the teacher/TA in that bubble.
- A maximum of 1 'bubble' can be outside at one time doing PE.
- Children will not get changed for PE. They will instead come to school in their PE kit on their assigned day.
- All adults and children will wash their hands before and after a PE session.
- Adults should adhere to social distancing guidelines and stay 2m apart from each other or 1m plus if not feasible.
- No contact team games are to take place.
- Ensure that children are aware of a zone that they can stay in and understand that they are in their zone for their own safety.
- The adults who have been with the bubble for the lesson are responsible for the cleaning of the equipment. Equipment must be cleaned between each use.
- Children are permitted to share the PE equipment within their 'bubble' as long as it has been cleaned by an adult first.
- Ensure all frequently touched surfaces are cleaned regularly.

- Ensure that the 'catch it, bin it, kill it' approach is adhered to and that sufficient tissues are available to encourage good hygiene.
- Limit risks and limit movement around the building.
- Continue to remind children about good hygiene practice throughout lessons (eg: avoid touching their face).

What activities will be taking place?

We will be following 'Get Set 4 PE' for PE lessons. These lessons will be adapted by Mr Edwards where necessary to ensure that they follow current Covid-19 guidance.

In addition to this, listed below are a range of suggested socially distanced activities that can be delivered within each classroom bubble. This can be during break times or throughout the day. This document contains both KS1 and KS2 games and teachers/support staff can adapt the activities to the needs of the children in their care. As there should only be one bubble out at any one time, teachers should refer to the PE timetable to ensure that they have sufficient space to deliver these activities if they wish to do so.

Physical Games

Roll the Dice

Display numbers 1 – 6 with an activity for each (eg: 1 = 5 star jumps, 2 = 10 second plank).

Roll the dice to see what activity to do and then roll it again to see how many times.

Bean Game

Children move around the space and when the leader calls out a bean, they have to perform the corresponding action.

Runner Bean: run on the spot

Jelly Bean: wobble around

Mr Bean: do a silly walk

Jumping Beans: star jumps

Baked Beans: squat and make a trumping noise

Mexican Beans: arms up and down like a Mexican wave

Fitness Challenge

Time children for 1 minute doing each of these exercises. How many reps can the children get?

1. Burpees
2. Sit ups
3. Squats
4. Push ups
5. Mountain climbers

Then, repeat the circuit 2/3 more times. Try to beat your personal score each time.

Jumping Challenge

How many jumps will it take to reach the end of the playground? Try different jumps (squat jumps, skips, hops, leaps etc.).

What do you think will be the least amount of jumps? Why?

Shuttle Run

Have distances marked at either end using cones or an alternative mark to create the running lane and children run back and forth set amount of times. Could be done in teams but also with own running lanes for social distancing depending on amount of children and space. Each person runs the 5m distance a total of 20 times to complete 100m. Alternate who runs on the team and record the time.

Runner, Runner

Start by running/jogging for 30 seconds and then run/slow jog for 30 seconds and repeat.

Run/jog for 45 seconds then walk or slow jog for 45 seconds and repeat.

Run/jog for 1 minute then walk or slow jog for 1 minute and repeat.

Run/jog for 2 minutes then walk or slow jog for 2 minutes and repeat.

To make it more challenging, reduce the resting time.

Funny Running

You must get from one side of the area to the other whilst moving like an animal. You can choose a different animal for each pass, including monkeys, snakes, horses and kangaroos.

Alternatively, you could put some music on and the children must move in time to the music. They could create their own moves, dab, do the floss etc.

Show Your Moves

Children line up 2m apart. There is a line at the other end of the playground. The leader chooses a move (eg: hop, skip, crawl, jump etc.) that they want the players to do to reach the line.

Piggy in the Middle (Football Style)

Children stand in a circle and one person is in the middle of the circle. The children around the edge have to kick a ball (no hands) to each other across the circle. If the 'piggy' in the middle manages to stop the ball then they swap places with the person who kicked it. Children can't pass to the person directly next to them.

Captain is Coming!

Children become pirates on a pirate ship. The children jog about in the space, avoiding each other and keeping busy with their own pirate ship tasks. At various points, the pirate leader makes loud announcements in their best pirate voice. The pirates must act as swiftly as possible to complete a related task, as follows:

Scrub the deck: pirates crouch down and mime scrubbing the deck with their hands.

Climb the rigging: pirates run on the spot miming climbing up rigging with their hands.

Walk the plank: pirates stop, walk forward three steps along the imaginary plank, and then jump to crouching, as if into the sea.

Captain on Deck: all children stop and salute shouting 'Aye, aye captain' in their best pirate voice.

Cannon balls: jump to the floor.

Port: run to the left of the room.

Starboard: run to the right of the room.

Sharks: create a fin on your head using your hands and walk around humming the theme from jaws.

Pirates: cover one eye and hop on one leg shouting 'pieces of eight!'

People who do the wrong action have to do 5 star jumps before they can join back in.

Football Dribbling

Practise dribbling in and out of the cones using different techniques. Make it easier by spreading cones further apart.

Red Hot Letter Game

Choose one person to be 'on' and decide on a 'red hot letter' (eg: E). The person who is on stands away from the group and faces away. They call out letters "step forward if you have a W in your name." The first player to reach the person who is on wins. If the red hot letter is called and someone steps forward by accident then they must go back to the beginning.

Throwing and Catching

Children could throw a ball against a wall and catch or they could throw the ball up in the air and catch. Practise throwing/catching with 2 hands, 2 to 1, right hand to right hand, left hand to left hand, right hand to left etc.

Can children throw the ball and clap, how many times?

Can they lie down whilst throwing and catching accurately?

Rock, Paper, Scissors

Set out 3 zones. Split children into 2 groups leaving the middle zone free. Travel into the middle zone, meet a partner and do rock, paper, scissor and travel to the other side. When travelling, think of a different way each time (eg: hop, skip, jump, hopscotch, spin).

Triple Jump

Practise hopping first (1 foot to the same foot)

Practise the skip step (one foot to the other foot)

Practise the jump step (one foot to two feet)

Build the steps up in a sequence.

Hop

Hop and skip

Hop, skip and jump

After practising, mark out the distance and try and beat it!

Top Gear

Children become vehicles, following the leader's instructions, as follows:

1st gear: slow walking, watching for clear spaces using arms to steer, as if using a car steering wheel

2nd gear: marching with bigger strides, arms as before

3rd gear: jogging slowly, with arms as before

4th gear: galloping, with arms as before

Top gear: sprinting, with arms as before

Crash: children freeze with hands in front of faces

Reverse: children walk backwards looking in turn to each side behind them to avoid any other cars and beeping like a reversing lorry.

Limited Movement Games (For Playtime)

Simon Says

One child is the leader. They say 'Simon Says' and then ask the plays to complete an action such as clapping. Children listen when they hear 'Simon Says'. If they do not hear this then they shouldn't do what was asked.

Follow the Leader

Stand in a distanced circle, one person is chosen as the detective and goes out of earshot. Whilst they are away, the teacher chooses a volunteer to be the leader. Everyone in the circle must follow whatever action the leader does. The leader then begins a series of on the spot actions (such as clapping, wiggling, patting knees, rubbing tummy, patting head etc.), at the same time that the detective returns and tries to guess who is the leader. They get three goes at guessing.

Wink Murder

One person is chosen to be a detective. They go out of earshot. Whilst they cannot hear, a murderer is chosen who demonstrates their wink (or blink, if they can't wink) to the class. The detective comes back in and as they do so, the murderer begins to subtly wink at different children in turn. Any child who is winked at must then die, by falling forward whilst uttering whatever dying noise

they fancy. The detective attempts to guess who the murderer is. They get three goes at guessing the murderer whilst the murders are ongoing.

Sleeping Lions

All the children lie down on the floor in sleeping positions, spaced apart. Once they are settled, they are not allowed to move- you might use the language "freeze" so they fully understand the object of the game. The leader (hunter) walks around and tries to make the sleeping lions move by making them laugh, telling them jokes, and so on, without touching them. When any lion moves their name is called, they get up and sit apart. The last child still lying down wins.

Hedgehogs

Everyone moves around the space however they want, when you shout hedgehogs they must all quickly get into a ball on the floor with their eyes shut. You then quietly ask one hedgehog to move and hide. The others wake up and have to guess who the missing hedgehog is.

This is the one without a mate

Children sit in a circle with their feet in towards the middle, you move around clockwise counting the feet and lifting each foot on its turn. Instead of saying 9, you say 'this is the one without a mate' and tuck that foot under. You then start from 1 again on the next foot; this could be the same child if their first foot was the one that went out. You keep going until there is only one foot left in the middle.

What's the time Mr Wolf?

One person is the wolf and they stand facing away from the others. The aim of the game is to reach the wall before they 'eat' you. The children ask 'What's the time Mr Wolf?' and then move the number of steps that the wolf says (eg: 3 o'clock is 3 steps). If

the wolf says 'dinner time', they all need to run back to the opposite wall. Anyone who the wolf overtakes is 'eaten' and is then out.

The Queen's got a headache

One person is the Queen and they stand facing away from the others. The aim of the game is to reach the wall she is by before she hears you. Children take it in turns to try and sneak towards the wall, if the Queen hears you; she will say stop and you have to stay where you are. Keep going until someone reaches the wall or everyone has been stopped.

Story Creators

The aim of the game is to create a story between the groups. The first player says a word, followed by the second player with another word then the third etc. The game ends when the story has been finished.

House/Tree/Neighbour

The leader of the game will stand in the middle of the circle. At each round of play, the leader will point towards one player who is in the circle, and say either "House", "Tree" or "Neighbour".

- If the leader says "House", the person who he/she points to has to crouch down, and the players on either side of him/her have to turn toward each other and form a "roof" over the frame of the house (the middle player) by giving each other a distanced high-ten over the player's head.
- If the leader says "Tree", that player must stand like a tree trunk, straight and with his/her arms to his/her side. The two players on either side then form branches by facing away from each other and form arches with their arms away from the trunk.

- If the leader says “Neighbour” to a player, that player must wave to the two on either side of them and they must wave back.

The speed of the game can get faster as it goes on and players get better. If a player makes a mistake, they can do jumping jacks and get back into the circle, distract or cheer for the remaining players in the circle.

This is only a suggested list of activities and staff are encouraged to incorporate their own games and activities as necessary if they can be performed safely.