

Warm up



# Socially Distanced P.E!



## Idea 5: A roll of the dice!



- 1 = Plank for 30 seconds
- 2 = Sprint on the spot for 20 seconds
- 3 = Jumping Jacks for 30 seconds
- 4 = Spotty Dogs for 30 seconds
- 5 = Hold a squat for 20 seconds
- 6 = Burpees for 30 seconds!

Athletics





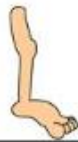
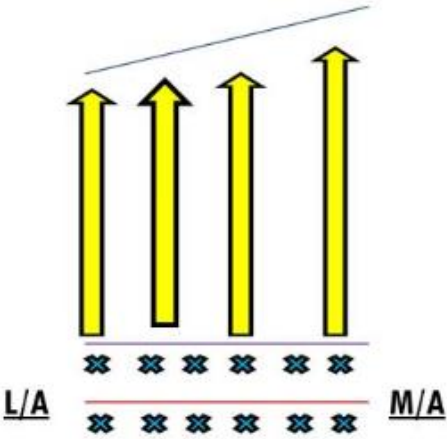
# Socially Distanced P.E!



## Idea 7: Sprinting experiment!

You are now about to conduct a simple experiment to help the children understand/remember the teaching points of sprinting. For each part of the body the children are going to practice running in 3 different ways, after which they will have to select the style they wish to use (Ask them to place in an imaginary place – we like to tell the children they have a ‘Coaches corner’ in their brain and that is where we’d like them to store this information). Pupils work alone, spaced out 3m apart.

Sprinting Experiment

 <b>ARMS</b>	 <b>HEAD</b>	 <b>LEGS</b>	
<ol style="list-style-type: none"><li>1. Down by side</li><li>2. Above head</li><li>3. 'Hip to lip, never across the zip'</li></ol>	<ol style="list-style-type: none"><li>1. Looking left</li><li>2. Looking right</li><li>3. Looking straight forward</li></ol>	<ol style="list-style-type: none"><li>1. Two feet together</li><li>2. High knees</li><li>3. Medium stride length</li></ol>	

Once everyone has had time to practice and to develop their technique. You could have a good old fashioned race! Differentiate by moving start/finish points



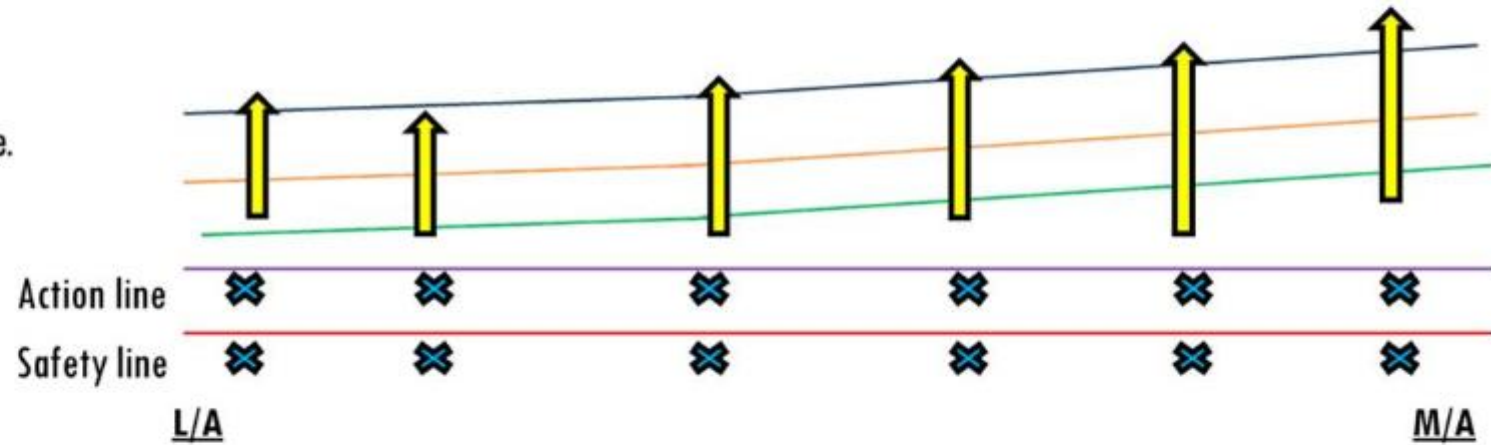
# Socially Distanced P.E!



## Idea 9: Olympic Long/Triple Jump

### Long Jump/Triple Jump

All pupils stand on Safety line until you instruct them to do otherwise. Use formative assess. to move pupils left and right along line to ensure level of challenge is appropriate.



Organise your group by perceived ability. Draw or mark out 3 sloping lines, these will become bronze, silver and gold lines. Teach the techniques of the Jump you are teaching. Once you have taught the techniques the children get three attempts to try and get on the podium!

# Socially Distanced P.E!

## Idea 9: Olympic Long/Triple Jump cont'd

### Teaching Points — Long Jump

Bend knee's & push with quadriceps  
Swing your arms, Look forwards  
Bend knee's on landing  
Take off on one, land on two.



### Teaching points — Triple Jump

Hop, Step, Jump. Each phase should be equi-distant.  
Pupils should bend their knees at each point of contact with floor

