

# Safe space PE list

## Year 2

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'. In 'Cone relay' children collect their own cone.



2

Ensure children have their own safe space to move around in.



3

Warm up without the tagging game. In B, play with children running to the cones not touching them. Don't play 'Catch me'.



4

Ensure children have their own safe space to work in.



5

Use the warm up from lesson 1. Don't play 'High 5'.

## Athletics



7

Use the warm up from lesson 1. Children take their own beanbag around with them.



8

Children keep their own beanbag throughout the lesson.

## 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.



3

Ensure children have their own safe space to move in.



4

Ensure children have their own safe space to move in.



5

Ensure children have their own safe space to move in. Children mirror one another without connecting body parts.



6

Ensure children have their own safe space to move in.

## Fitness



Lesson number	Adaptations to the lesson
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4	Warm up on the spot. Without long rope skipping activity.
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6	Warm up, play 'Simon says' on the spot. Ensure the circuit is appropriately spread out and cones for children waiting mark 1m distances.
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7	Change the warm up. Complete the lesson as an individual not as a pair.
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8	Change the warm up. Ensure the circuit is appropriately spread out and cones for children waiting mark 1m distances.
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## Fundamentals



Lesson number	Adaptations to the lesson
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5	Use the warm up from lesson 6. Ensure children move around in a safe space.
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6	Ensure children move around in a safe space.
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7	Use the warm up from lesson 6. Don't do partner skipping.
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8	Ensure children move around in a safe space and use their own equipment in the carousel.
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## Gymnastics



Lesson number	Adaptations to the lesson
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1	Ensure children have their own safe space to work in.
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## Gymnastics



3 Ensure children have their own safe space to work in.

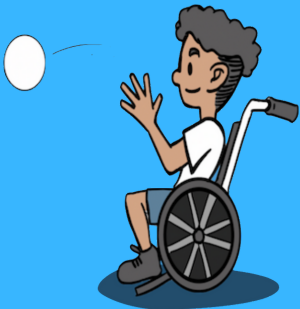


5 Use the warm up from lesson 1.



6 Use the warm up from lesson 1.

## Target Games



### Lesson number

### Adaptations to the lesson

3 Use the warm up from lesson 6. Ensure children move around in a safe space.



4 Use the warm up from lesson 6. Ensure children move around in a safe space.



5 Use the warm up from lesson 6. Ensure children move around in a safe space.



6 Ensure children move around in a safe space and use their own equipment in the carousel.



7 Ensure children move around in a safe space and use their own equipment in the activities.

# Yoga



## Lesson number

## Adaptations to the lesson

- |   |   |
|---|---|
| 1   | Warm up on the spot.  |
| ● |   |
| 2   | Individually instead of in groups. Display the yoga cards on a projector instead of children handling them.   |
| ● |   |
| 3   | Ensure children are spaced a safe distance apart and display the yoga cards on a projector instead of children handling them.   |
| ● |   |
| 5   | Children move around their own hoop instead of all of them. Ensure children use their own hoop throughout.  |
| ● |   |
| 6   | Change the warm up. Children work independently when creating their flow or do this as a whole class. When teaching other children their flow, they remain on their mat and work with the mat next to them. |
| ● |   |
| 7   | Play 'hands up hands down' by travelling on their own mat only. Don't play 'around the world'.  |
| ● |   |
| 8   | For the warm up children use their own mat only.  |