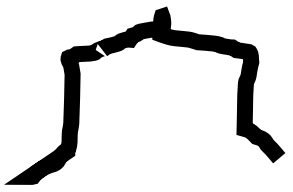
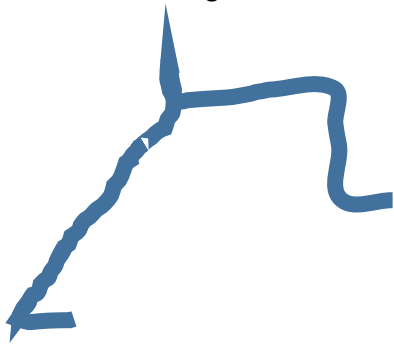



Activities to try in isolation or with limited numbers: Warm up- Stretch – Main- Cool Down: You can follow and adapt, change and stretch. Cheers Alan Beard

Most of these start so you can do individually in a small area, garden or in school if any in – All can have social distancing

Warm Up before All Activities Move the whole body Make a circle with your ankles Bring knees up and down slowly Walk forwards and then backwards Raise both hands above head and try a windmill movement	Warm Up - Squat Squat with legs, up to 10 with a slow move up and down. Keep back straight Bring both arms out in front of you	Warm Up – Jog So jog (slow) on the spot. Bring arms into movement. Remember to circle movement of ankles to warm up this area too.	Warm Up – Reach for the sky Standing –bring arms up to touch the sky Now stretch up to the sky Feet on tippy toes and relax Then repeat Reach then place hands- fingers towards floor
Warm Up – Upper body rotations Go into a squat Hold Squat bring hands up Back of hand palms face the face Rotate the trunk of body First twist left then right Repeat 10 times- Warming core. 	Warm Up – Side Steps Move the legs apart Then bend one knee So starting to stretch the inside leg Move body weight from side to side. 6 on each leg. 	Warm up- Little jog So jog on the spot for 20 seconds Slightly increase speed Then stop, kick out and ready for Stretches	Stretches - Range of.... Quad Stretch Inner leg stretch Hamstring Shoulders Stretch - Deltoid (Arm across body) Legs together back stretch Neck (Head from side to side) Etc etc...

<p>More Ideas on Warm up/Stretches</p> <p>Can watch Youtube videos (loads) to get a range of moves, stretches with visual help. Loads and loads</p> <p>Simple examples- Pinterest workout</p> <p>#PEwithJoe AskDoctorJo PsycheTruth</p> <p>Joe - Basic coaching to warm up and keep moving. Some not technical and adapt to your speed and pace.</p> <p>AskDoctorJo/PsycheTruth etc. is more detailed. Yes, videos can be annoying but the content is ok. Ignore the shout outs/selling/but gives you loads of ideas.</p>	<p>Re-Warm (after stretches)</p> <p>Jogging on the spot with more speed now, arms moving hip to hip</p> <p>Can have 5 gears slow to top speed. You choose.</p> <p>1 is just about jogging 2 – 3 -4 increasing speed.</p> <p>5 full on the spot sprint to warm</p> <p>Don't have to do this but may want to get their heart pumping.</p>	<p>Main - Climb the Ladder</p> <p>On the spot and you pretend to climb up a ladder</p> <p>Raise and lower arms as you go up the ladder.</p> <p>Run with legs on the spot and increase intensity as you go.</p> <p>#PEwithJoe does a similar thing if you need a visual.</p>	<p>Main- Keepy Uppies</p> <p>Simple and be shown everywhere.</p> <p>Use a softer football sized ball (can use anything) and try your skills at keeping the ball off the ground.</p> <p>Can use feet or even keepy catches and throw the ball higher so you have to move around to catch it.</p> <p>Target – count and improve your number count, challenge yourself to do 10.20.100 etc. or time it so the most you can do in 10 secs/20 secs/60 secs etc.</p> <p>Loads of Youtube you look at...</p>
<p>Keepy Uppies (alternative)</p> <p>Use a Tennis Racket (easy) /Table Tennis (harder) to test your balance/skill on keepy ups</p> <p>Can hit/high low bounce.</p> <p>Can use a golf club and golf ball for keepy ups to be different (hard to do- Do 3, 5, 10 etc.) try it...</p>	<p>Main- Lunges</p> <p>30 second Lunges on either leg.</p> <p>Go down on the lunge with knee bent.</p> <p>Swap legs</p> <p>Use Arms</p> 	<p>Main – Star Jumps</p> <p>Start with standing and then raise arms and feet into a star and return.</p> <p>Count them up or ask them to do 5, 10, 15 etc.</p>	<p>Main – Bunny Hops (Hops)</p> <p>Bouncing on the spot Bounce from side to side Hop over an invisible cone Hop over a cone/etc.</p> <p>Side to side (safety watch ankles) Warm up before if needed.</p>

<p>Main – Rowing Style</p> <p>Sit down (on a mat/carpet etc.)</p> <p>Knees up</p> <p>Rowing style movement</p> <p>Squeeze Shoulder blades together</p>	<p>Main – The Plank</p> <p>Lie on front on the floor</p> <p>Rest on forearms only</p> <p>Hold the position-off the ground</p> <p>Keep Back straight</p> <p>Can you hold for 30 seconds? 1 minute etc....</p>	<p>Main – Juggling</p> <p>As we know and love!</p> <p>Try 2 then 3 balls (or more)</p> <p>Focus on rhythm, movement</p> <p>Can you keep it going for 20 seconds?</p>	<p>Main - Daily Mile - (or Walk)</p> <p>Pick an area, path, field, wood etc.</p> <p>Challenge yourself to walk this area.</p> <p>Can set out the field if safe, Government Guidelines.</p> <p>Could even offer a hide and seek type active.</p> <p>Distances – change/challenge.</p>
<p>Main – Set an Assault course</p> <p>Can be as easy or as difficult as you like, obstacle course.</p> <p>At Home can put things in the way in the garden, cones, benches, chairs to make a challenge.</p> <p>At school can use perhaps a pre-set course to go around or make one up. (keep Distances-Staggered)</p>	<p>Main- Obstacles (for Assault)</p> <p>Between cones No cones, (blocks of wood, bricks, chairs etc.) (run in & out of, around)</p> <p>Use chairs and broom to jump over.</p> <p>Around outside garden tables etc.</p> <p>Use tents if unzip both sides and run/crawl through. Be creative.</p>	<p>Main- Skipping (With & without rope)</p> <p>Can use a rope if you have, skipping – timed 30 secs rest 30 secs etc.</p> <p>Can make harder or easier – Once master your skill (hop/run with)</p> <p>Normal skipping around an area without rope. 20 metre skip around the garden, can add size of area.</p>	<p>Ball Chasing (Any Bigger ball)</p> <p>Roll the ball out in front of you.</p> <p>Start quickly and accelerate, pushing off hard with your feet. Drive your arms from ‘hips to lips’ to help you accelerate to catch ball. Keep watching the ball and concentrate on your timing so you arrive at the right time.</p> <p>Pick up & return. (cricket style smaller ball to make it harder? /Adapt it with progression)</p>

<p>Main: Push ups /Triceps Dips/Bicep Curl</p> <p>Lie flat face down. Hands on ground – support weight. Lift body with arms (hands - just past hip width) Keep back straight throughout. Push all the way up and away from floor. Controlled lower.</p> <ul style="list-style-type: none"> • Easier Box Push Up • On knees & same movement • On thighs & same movement <p>Triceps Dip & Bicep</p> <p>Hands on a bench, back straight, knees bent. Lower body with arms and push up.</p> <p>Bicep Standing, straight back Elbows bend and bring up and down in-front of body Add smaller weights/1-2-5kg dumbbells (Brick/milk)</p>	<p>Main: Circuits</p> <p>Can have a circle of different activities using what you have in the garden or at School. Can be inside or outside and you can start a person at different stations if more than 2/3 people for distancing (clean hands after) Each station can be:</p> <p>Star Jumps (Jumping Jacks). Lunges. Bicep curl (use anything as a small weight). Run on the spot, round cones etc. Hops. (Speed Bounce) Squats (can use weights). Triceps Dips (use bench or chairs) Spotty Dogs – More movement of lunges with arms Throwing activity. (Bean Bag/Balls into a bucket etc.) Wall throw – Ball against a wall Wall kick- ball against a wall.</p> <p>So have 1 min on each station (less/More)</p>	<p>Main: Resistance training</p> <p>Can add weights to most of these:</p> <p>Bar weights/wrist weights/dumbbells (Can use milk container. Buckets of water, bricks)</p> <p>10 push ups (or Box push ups) 20 body weight squats (can add weights) 20 walking lunges 10 Dumbbell Rows 30 second plank 30 Jumping Jacks</p> <p>Repeat these in rounds.</p> <p>You can set an area you may want to train in.</p> <p>10 metres by 3 metres (example)</p>
<p>Main: Burpees (Gentle to full) can add to any (See youtube videos to check- break it down)</p> <p>Start: Gentle Into a Squat, hands out- touch floor Then step out & back into a plank (press up look with arms/hands taking your weight) Then step forward back into a squat. (foot at a time) Stand up then straight.</p> <p>Progression: Can add to this... Hop Down on hands- kick up legs back Into a press up position then back into standing Quick movement by the end- it's a burner!</p>	<p>Main: Stomach Crunch/Sit ups/cross over</p> <p>Lie on a mat/carpet/grass? Bring knees up Both Hands on head temples</p> <p>Start – lift from stomach so upper back is off the ground (Keep head in line with back- straight)</p> <p>Progression onto full sit up.</p> <p>Raise whole back and onto bottom (full sit up) Can cross elbow to alternate knee and cross.</p> <p>Should feel stomach muscles working for all 3 moves.</p>	<p>Students design their own circuit/training/activities</p> <p>If needed give the students ideas within</p> <p>They can design own course- (obstacle/Circuit/Training) course for them.</p> <p>Give them any kit you have and they design it.</p> <p>Can keep social distancing if together. Give them set areas. Inside or Out. (cone/chalk it out/measure out)</p> <p>They say how long on each station/circuit etc. Over 30 minutes – They sort Warm up & cool down. Wash hands after...Really important clean kit.</p>

Activities for Garden: Set up at School if in.
Game Cone Call.

Individual stands in the middle of the cones.
 Teacher calls a number and they run to the cone and return to middle.

Looking at communication/speed/change direction
 Many as you can in 30 secs....etc. (Start them slow)

cone is blue

No 3

No 4



No 2

3 metre square

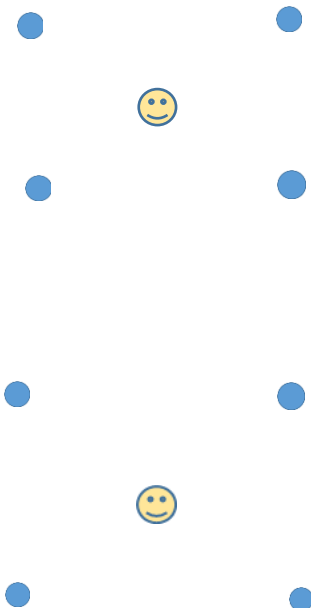
No 1

Pairs Cone Call (With Social Distancing)

Put in pairs – 2 x 3 metre apart so a space between the cones and you can add another metre square between the box of cones.

They Call to each other the number and should mirror each other. Could have a competition of who gets to the cone first, they can speed up slow down.

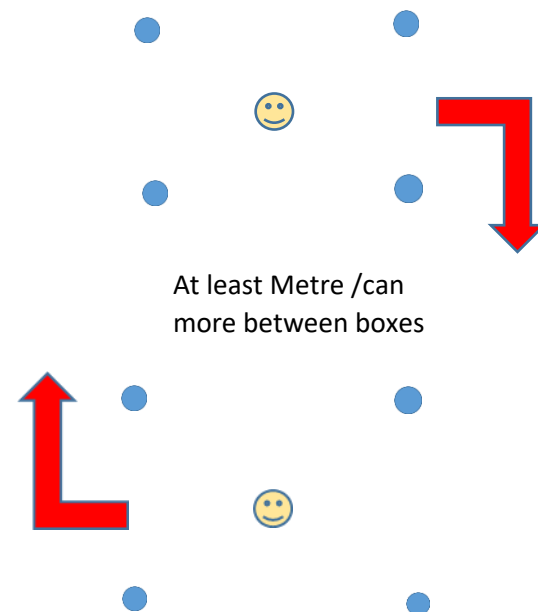
Touch the cone with foot to be a score. Alternate calls.



Pairs Cone Move (Advanced for stretching)

Pairs –Now call a number (1-4) but have to go left through cones and then run into each other's box and run to the cone called and then and face opponent.

Must get right cone called and call stop when they get there. Touch the cone with foot to be a score. Alternate calls.



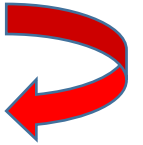
Can add things to carry into each area, tennis ball, bean bag, tennis, harder- Tennis ball on racket take to cone. Don't drop etc. etc...

Social Distancing Sports Athletics challenge- Inside or out in the garden- ideally. Change it adapt it, space it change it.... Get the students to add or adapt it.

You go to the sized area you can use: Can put things between the cones to pick up drop run with and run to the cone and back to 2m area. See ideas- make your own. (use what you can)

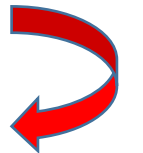
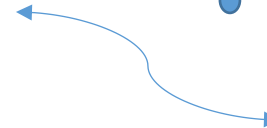
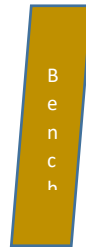


2 m apart



Then gap...

Along the width of hall



1: Straight run and back 2: Carry Tennis Racket & Ball 3: drop something half way and retrieve on way back (bean bag etc.) 4: At cone bounce tennis ball 5 times.

5: Put a chair/bench in the way- Jump over 6: Place extra cones apart to add a running a slalom 6: Add a cone in the race hop to a cone 7: Basketball bounce whilst running.... If hard surface. 8: Relay - Could have team but keep the next runner well apart & back and only switch at either side of starting box. (2 metres apart)

9: Vortex throw (something to throw) 10: Add whatever you need. CAN – add points have a mini Olympics – Add a long distance run outside? Just follow Government Guidelines but can keep fit and go outside where possible with social distancing.

<p>Cool Down & Stretch.</p> <p>Remember to cool down after all activities:</p> <p>Can add cool down jog- Get them to slow down but move. Circle arm movements. Wide leg movements as they cool down.</p> <p>Then to start stretches of neck, arms, legs, core etc.</p>	<p>Other activities if you have any of these:</p> <p>Football/Rugby: Set up goals/game/penalties/conversions etc.</p> <p>Table Tennis (can have competition- fun – 2 metres apart – so each one)</p> <p>Tennis outside</p> <p>Dodgeball (Zone the students so they are not close to each other)</p> <p>Rounders' (form of) where they can only go in a zone of the pitch so don't get close to each other and easy to distance batter</p> <p>Golf- Easy to give them a 3 metre box to play from outside in a line. Hit ball out of the box outside (we have kit at school) Xtreme Golf) All collect their own balls together (can then control social distancing and speak to them. Can hit at all- start them on the tri-golf primary kit.</p> <p>Volleyball – Forms of ...1 on 1 - 2 on 2 but again they have a zone to play in (must wash hands after)</p> <p>Single basketball If you have a hoop, 30 seconds, 1 minute to score. Count scores etc. Swap direction to keep on toes etc... (Warm up game if you want)</p> <p>Cricket – Adapt and change. Hit the wicket (Use tennis ball) catches- distancing with bowling – easy to keep apart with this.</p>
<p>Silly Games: *Can easily space out the students (bit of fun – warm up)</p> <p>Toilet Run: Hold an old toilet roll in hand with a tennis ball on top. Aim is to run from one area drop the ball (in a bucket/cone etc.) get the next. Have distance races, 20 metre run to the area (put the ball in the bucket and return. 3 minutes or what every you want to put on it.</p> <p>Cross Bar Challenge: Hit the football onto the bar (inside or out) fun warm up, 10 attempts – place students on 18-yard line (3 on the area- spaced)</p> <p>Throw the tennis ball to hit the cross bar- so for the throwers who may not want to kick a ball. Little things.</p> <p>Bin Ball: Get a big open bin (anything to aim at) students have 1 minute to</p>	<p>Silly Games: Can go on....</p> <p>Noughts & Crosses: In or out. Chalk (outside) or mark out a board. 9 cones spread. Have distanced starting spots and give each person 3 same coloured bibs, clothing etc.</p> <p>They run one at a time (in 2's) to play noughts and crosses and place the bib/cloth on the board/cone) until you have a winner. Once they use up the bibs/cloths they can go in and move a bib to get 3 in a line. Always have to start or go back to their distanced starting area. Can be 2,4,5 metres away, closer or further. Good starting warm up game, thinking game.... Couple of rounds can set up a few boards /chalk a few areas.</p> <p>Frisbee: Just need a Frisbee – make up games, can add comps, targets, to each other.</p>

throw a tennis ball (any ball) into the bin/hit the bin from 2- 5 metres away (set out a circle around the bit or target. Can use the golf kit to have the same affect! Make it up.

Tug of war rope: All rope....family competition.

Ping pong throw: Main Hall warm up: put a bucket/cup etc. into a middle of a room, get some table tennis balls and place all around (distancing) first one to get the ball into the cup (whatever the target is) Make something up.... **Just what I can think of ... loads on Youtube.... Cup stacking etc. etc. ... can buy sets of these now!!**

I'm sure you have tried all these but Just a few bits to perhaps help or offer ideas. Can pick up loads from the internet. This is just a sample of some of the stuff I have done over the years or taken, seen which I have been adapted to include the social distancing. Some of these can last 10 minutes some longer...Not trying to upset anyone's intelligence but may give others a few ideas to adapt & change on the spot!

It's funny how something will really get them going and other bits will get then bored within minutes... make up stories around the activities if you want, if that helps, challenge them to adapt it... Just wash hands afters...

Cheers All

Alan

SGO – Forest of Dean