

BARROW HALL PRIMARY SCHOOL: KS1 – suggested outdoor activity plan

Aut 2020	Outdoor Morning Break	Outdoor Lunch Break	Outdoor Afternoon Break
Mon	<b>Mirror Image</b> – stand two meters from your partner – One person mimes an action or movement acts like an animal, the other person copies.	<b>Follow the leader</b> – follow the actions of the leader whilst staying 2 meters apart.	<b>Rugby practice</b> – run, throw and catch the ball. Cone-off areas for smaller groups to play with each other.
Tues	<b>Ankle skips / skipping</b> – children to turn-take to see how long they can skip for, setting and recording PB's.	<b>Rock/Paper/Scissors</b> – stand SD from partners. Red cones in a line on one side of the area, set up blue (or another colour) cones in a line opposite ( <i>at least</i> 4m away). Divide class into 3 (red, blue and no colour). Losers of the game sprint to other colour to play another game of RPS, repeat. Can swap the groups around so everyone gets a chance to print between the cones.	<b>Relay sprint race</b> – Divide class into 10 groups, use 20 cones. Set cones to opposite each other, at least 4m away. Groups race against each other, one racer at a time.
Weds	<b>Keep fit</b> - teacher/ confident child led – someone leads the rest of the group in a short session of exercises, rest of the class standing SD in an arch. 30 seconds on then 30 seconds rest. Star jumps, mummy-kicks, squat jumps, the plank, standing tuck jumps, climb the ladder, side jumps, PIKACHU etc.	<b>Robin Hood</b> – Divide class in half, one half plays other half referees. Four teams each with a hoop, stand in a large square with bean bags, coits and balls in the middle, coned-off area. Decide which object is worth more points. Race 1 player at a time, from each group, to go to the middle and take 1 object back to their base. When everything is gone, teams can steal from each other's base for 1 min. Check which team has the most objects /points. Swap over the groups.	<b>Egg and spoon race</b> – set up cones, divide the class. Use tennis racquets and small balls/ bean bags, race and turn take.
Thurs	<b>Relay races</b> – set up cones at least 4m apart, divide class into 6. Each group to have a coit, bean bag and small ball. Groups race against each other balancing one object on a body part at a time (coit on head, ball under chin, bean bag on chest).	<b>Chalk Walk</b> – make out some lines, swirls, zigzags etc for the children to walk along/balance on. Encourage the children to keep their distance. <b>Extension</b> – allow children to discuss and draw their own chalk drawn obstacle course, they choose which part of the course to run, jump, skip on etc...	<b>Traffic lights</b> – Using a large space, show children green / orange and red cones (green = Running/ skipping, orange = walking / jumping red = freeze/ one=legged balance). Add / change movements, ask sensible volunteer to be leader.
Friday	<b>Bouncing ball relay race</b> – set up cones for groups of children to bounce and dribble in and out of. Take turns. Divide class into 4.	<b>Speed tennis</b> – set up small court with cones. Four players, take it in turns to softly hit the small ball into the opposite court then step back behind partner. <b>Aim:</b> try to have a long rally. Other children practice in a separate zone by hitting small balls to each other, back and to with palm of hand.	<b>Activity carousal</b> – different coloured cones in arch shape. Divide class in half, number children 1 or 2. 1's stay on a cone, 2's move around clock-wise. For 30 seconds each time, 1's choose an exercise for the pair, star jumps, tuck jumps, mummy-kicks, run on the spot etc

**Note** – outdoor areas can easily be coned-off to allow for free play/ a structured game with equipment. Splitting the area up in two or more zones. Above all, the focus for the fun, daily activities should be on engaging the least active children and increasing their activity levels, covertly, by using their likes and interests. Setting PB's should be a focus for those children who thrive on PA and competition.

BARROW HALL PRIMARY SCHOOL: KS2 suggested outdoor activity plan

Aut 1 2020	Outdoor  Morning Break	Outdoor  Lunch Break
<b>Mon</b>	<b>Rugby practice</b> – run, throw and catch the ball. Cone-off areas for smaller groups to play with each other. Can they R/T/C the ball from one side to the other, in a line?	<b>Traffic lights</b> – Using a large space, show children green / orange and red cones (green = Running/ skipping, orange = walking / jumping red = freeze/ one-legged balance). Add / change movements, ask sensible volunteer to be leader.
<b>Tues</b>	<b>Egg and spoon race</b> – set up cones, divide the class. Use tennis racquets and small balls/ bean bags, race and turn-take.	<b>Relay sprint race</b> – Divide class into 10 groups, use 20 cones. Set cones to opposite each other, at least 4m away. Groups race against each other, one racer at a time.
<b>Weds</b>	<b>Keep fit</b> - teacher/ confident child led – someone leads the rest of the group in a short session of drills, rest of the class standing SD in an arch. 30 seconds on then 30 seconds rest. Star jumps, mummy-kicks, squat jumps, the plank, standing tuck jumps, climb the ladder, side jumps, PIKACHU etc	<b>Robin Hood</b> – Divide class in half, one half plays other half referees. Four teams each with a hoop, stand in a large square with bean bags, coits and balls in the middle, coned-off area. Decide which object is worth more points. Race 1 player at a time to go to the middle and take 1 object back to their base. When everything is gone, teams can steal from each other’s base for 1 min. Check which team has the most objects /points. Swap groups over.
<b>Thurs</b>	<b>Relay balancing races</b> – set up cones at least 4m apart, divide class into 6. Each group to have a coit, bean bag and small ball. Groups race against each other balancing one object on one body part at a time (coit on head, ball under chin, bean bag on on chest).	<b>Activity carousal</b> – different coloured cones in arch shape. Divide class in half, number children 1 or 2. 1’s stay on a cone, 2’s move around clock-wise. For 30 seconds, 1’s choose an exercise ie: star jumps, tuck jumps, mummy-kicks, run on the spot, the plank etc...
<b>Friday</b>	<b>Bouncing ball relay race</b> – Divide class into 4, set up cones for groups of children to bounce and dribble in and out of. Take turns.	<b>Speed tennis</b> – set up small court with cones. Four players, take it in turns to softly hit the small ball into the opposite court then step back behind partner. Aim to have a long, controlled rally. Other children practice in a separate zone by hitting small balls to each other, back and to with palm of hand.

**Note** – outdoor areas can easily be coned-off to allow for free play/ a structured game with equipment. Splitting the area up in two or more zones. Above all, the focus for the fun, daily activities should be on engaging the least active children and increasing their activity levels, covertly, by using their likes and interests. Setting PB’s should be a focus for those children who thrive on PA and competition.