

This lesson was written in January 2021 and reflects information available, and guidance issued at the time.



Objectives:

- To identify 2 metres as a safe distance for limiting the spread of the virus
- To recognise 2 metres as a distance

Curriculum Links:

- **P.E.:** *participate in team games, developing simple tactics for attacking and defending*
- **PSHE:** *(from PSHE Association) H28. Learn about rules and age restrictions that keep us safe*

Key Vocabulary:

- 2 metres
- distance

Resources:

- 2 metre cow picture (on paper or chalked on a wall)
- 8 hoops
- 32 bean bags
- 2 pool noodles

FAQs:

Why are we allowed to break the 2 metre rule with our classmates? If you are in a bubble you are only mixing with those people and no one is mixing with anyone outside the bubble. This helps stop the spread of the virus from one bubble to another.

Why is the distance 2 metres? When people who have the virus cough/sneeze/or even just breathe out or talk, the virus is released into the air on the droplets of breath. These droplets vary in size. If we stay at least 2 metres apart, then most of those droplets, particularly larger ones, can't travel as far as 2 metres. If someone coughs or sneezes, then these droplets will travel further – which is why it's REALLY important to cover your mouth if you cough or sneeze.

Introduction:

Mascot video recapping on 2 metre rule.

5 mins



- **Why do we need to stay at least 2 metres apart?** (the virus is less likely to pass between people if they stay apart)
- **Do you have to stay at least 2 metres from those in your bubble?** (no, but you still need to be careful by not shouting or singing, washing your hands regularly and covering your mouth if you sneeze or cough)

Today we will be playing games to help us remember the 2 metre rule, and to help us recognise the distance of 2 metres.

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Main Activity:

20 mins



Take children into the playground, or a large hall. Set up hoops and bean bags as in the diagram. Show children a pool noodle and ask them how long they think it is. Measure against the 2 metre cow. A pool noodle is not 2 metres long, but should be almost 2 metres if you hold it in your hand and stretch your arm out.

Split class into 4 teams and choose 2 children to be the 'taggers'.

- Each team will need to transfer their beanbags from one hoop to the other without getting tagged.
- They need to take it in turns to run with a beanbag, drop it into the hoop and run back to their team.
- If they are tagged they will put their beanbag back in the 'home' hoop and join the end of the queue.
- The winning team is the one that moves all of their beanbags the quickest.
- The taggers will not be allowed to break the 2 metre distance- they can only tag with the pool noodle.
- You may want to change taggers every 5 minutes as they tire!

To move the children back to the classroom ask them to form a 2 metre spaced line and try to keep that distance all the way back to the classroom. Remind them that it is not necessary to stay 2 metres apart in their bubble, but good to practise.

Make sure the children all wash their hands carefully after sharing bean bags and pool noodles.

Plenary:

5 mins



- How far do we need to stay from those outside of our bubble? (At least 2 metres)
- How far is 2 metres? (ask children to show the distance with a partner- check)



Possible Extension Activities:

- Throwing bean bags into hoops 2 metres away.
- Estimation of 2 metres- How many chairs make 2 metres? etc

Space

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