

Year 3-4

Space

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



Objectives:

- To explain how transmission of the virus can be limited by keeping a safe distance.
- To accurately measure 2 metres.

Curriculum Links:

- **P.E:** play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- **PSHE: (from PSHE Association) H37.** Reasons for following and complying with regulations and restrictions

Key Vocabulary:

- 2 metres
- distance

Resources:

- 2 metre cow picture (on paper or chalked on a wall)
- 8 hoops
- 30 bean bags
- 30 cones
- 2 pool noodles
- Game layout diagram x5
- 5 tape measures

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.

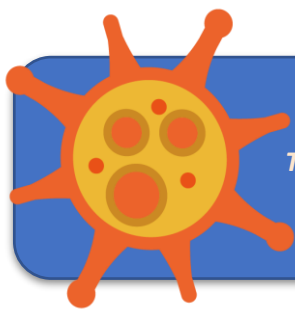
Why do we need to stay at least 2 metres apart? (the virus is less likely to pass between people if they stay apart)

- **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.

5 mins





Year 3-4

Space

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



Main Activity:

20 mins



Take children into the playground. Choose 2 'noodlers' (can be changed during the game) Split the other children into 5 teams and give each team a set-up diagram, a tape measure, the same number of cones as there are team members, 2 hoops and 6 bean bags. Ask them to measure and set up as on 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.

- Each child needs to stand by a cone and the aim is to move all of the bean bags from the hoop at one end to the hoop at the other.
- The child nearest the 'home' hoop picks up a beanbag and throws it to the next person and so on until it is thrown into the 'goal' hoop.
- The last person to throw runs to the 'home' hoop and everyone moves along one cone.
- This continues until all the beanbags have been moved.
- Meanwhile the 'noodlers' must try to knock the bean bags out of the air to slow the teams down but they must stay 2 metres away from others and must only hit beanbags, not other children.

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)

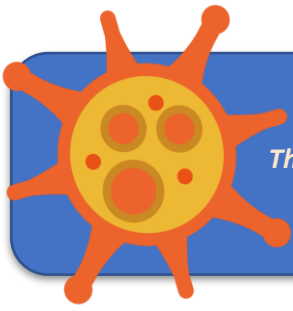


Possible Extension Activities:

- Can you design a game that helps you to stay 2 metres apart?

Space

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



Space Game Set Up

