

# 2 Metre Rule

*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 how long 2 metres is as a distance.

## Curriculum Links:

- **Maths:** children use everyday language to talk about distance
- **Physical Development:** talk about ways to keep healthy and safe

## Key Vocabulary:

- metre
- distance
- measure

## Resources:

- 2 metre ribbon x15
- Music player
- 2 metre cow picture (on paper or chalked on a wall)

## FAQs:

**Why do we need to stay 2 metres apart from those outside our bubble?** 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 far enough to spread. 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.

**Why are we allowed to go closer to those inside our bubble?** 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.

**What if somebody gets too close to us?** You cannot control other people's actions, only your own. If somebody is too close to you, move away. If they are a friend or family member you could gently remind them of the rules.



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### Introduction:

5 mins



Mascot video, explaining the 2 metre rule and why we have to stay apart.

**How far should we stay away from those outside of our bubble?** (2 metres)

Today we are going to look at how far 2 metres is to help us keep the right distance.

### Main Activity:

20 mins



Move to the playground or hall.

Split class into pairs and ask them to stand 2 metres away from their partner. Pass out 2 metre ribbons and ask them to check their distance by holding one end each.

- Did you get the distance right?
- Were you too far or too near?

Remind them that they need to be 'at least' 2 metres from those outside their bubble, so too far is ok. Ask questions to help the children think about the length, measure with a ribbon to check their answers.

- Are you longer or shorter than 2 metres?
- Am I longer or shorter than 2 metres?
- Is the hall longer or shorter than 2 metres?

Show children the 2 metre cow picture.

Ask each pair to look for things around them that measure about 2 metres- such as tables, display boards, even a tall teacher. Encourage them to use 'longer' and 'shorter'. Tell them that they can visualise one of these things when they want to remember how far 2 metres is.

Collect the ribbons in and play Musical Statues.

Tell children that when the music stops, they need to be 2 metres away from anyone else (if outside you could blow a whistle instead). Check a few children's distance using a ribbon.

### Plenary:

5 mins



- How far apart do we have to stay from others? (2 metres or more)
- What can help you to remember this distance?
- We can still have fun and be friends when we are 2 metres apart.



### Possible Extension Activities:

- Try lining up in the playground with 2 metre gaps on a regular basis to cement distance.
- Ask children to notice things around their house or on their journey to school that are 2 metres long.