



## Social Distance 1

### What's needed

- Home Mats
- Action Mats
- Arrow Mats
- Sock Balls or Bean Bags

### How to play

Use the arrow mats as distance spacers to create socially distanced space between each Action Mat.

Players take one of their own socks and roll them into a sock ball, this will be used as their own ball.

Players throw their sock ball onto the Action Mat in front of them, run to the mat and perform the exercise. They work their way along the mats throwing the sock ball to each mat as they go. Once they have completed the Action Mats they throw the sock ball onto the target mat and go to a socially distance waiting zone.

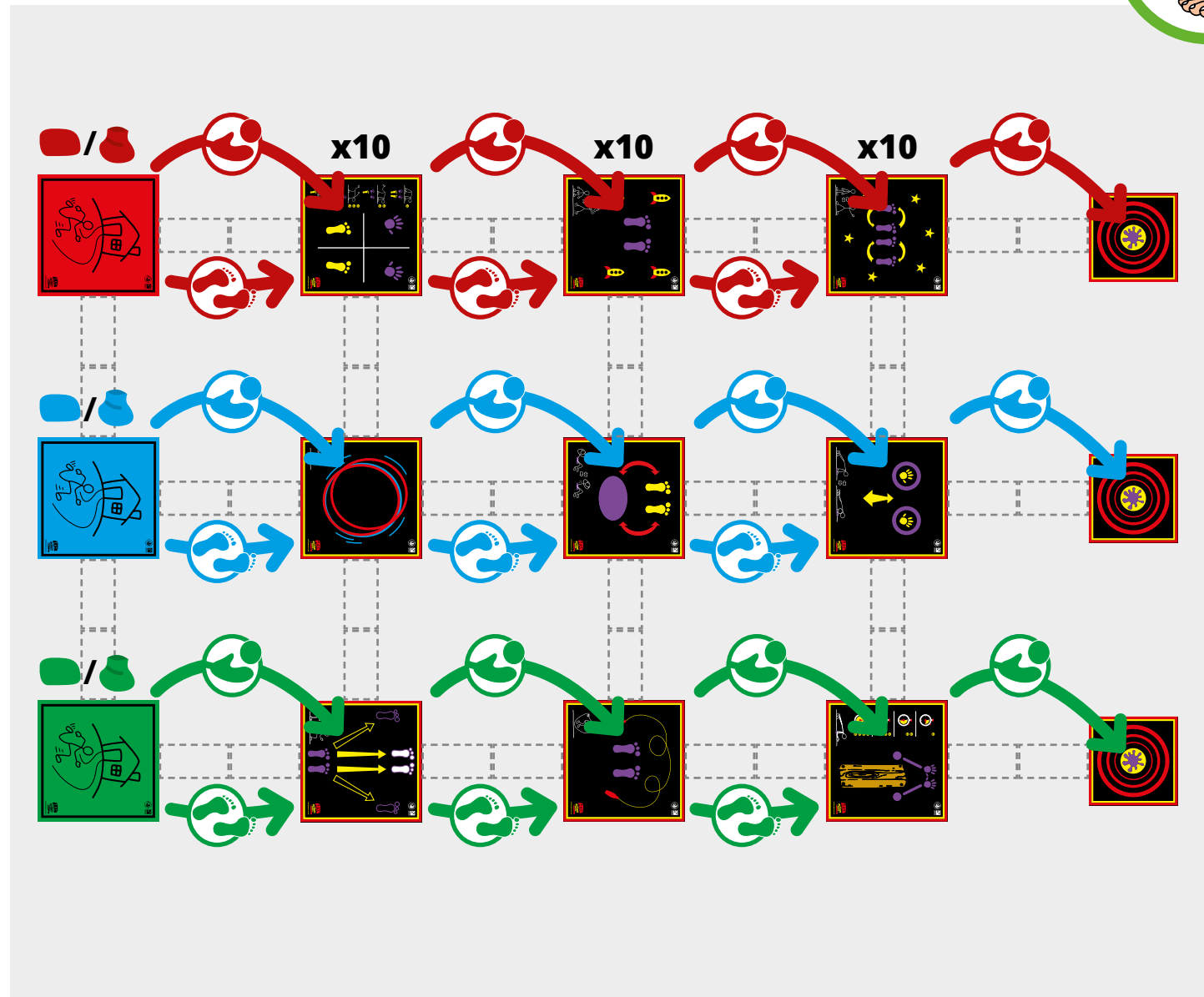
## The Setup



Sock Ball



Bean Bag





## Social Distance 2

### What's needed

- Action Mats
- Arrow Mats
- Sock Balls or Bean Bags
- Hoola Hoop

### How to play

Players take one of their own socks and roll them into a sock ball, this will be used as their own ball.

Players have to throw their sock ball into their hoola hoop. Once their sock has landed in their hoola hoop they perform the Action Mat exercise. Once the exercise is complete they take a step backwards and throw the next sock ball into the hoola hoop and then perform the exercise again.

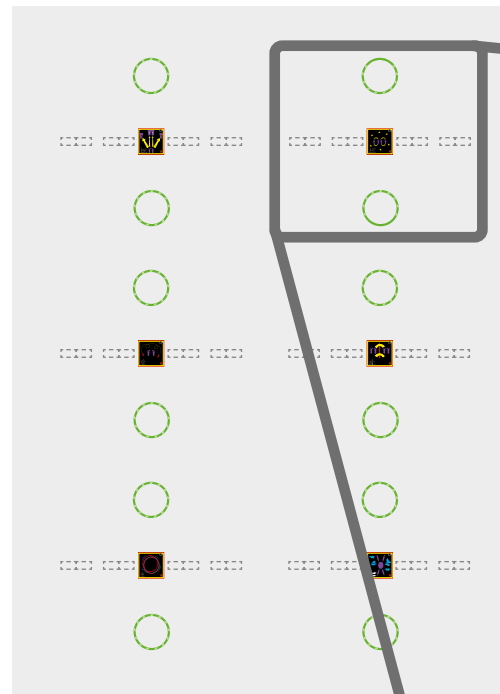
### The Setup



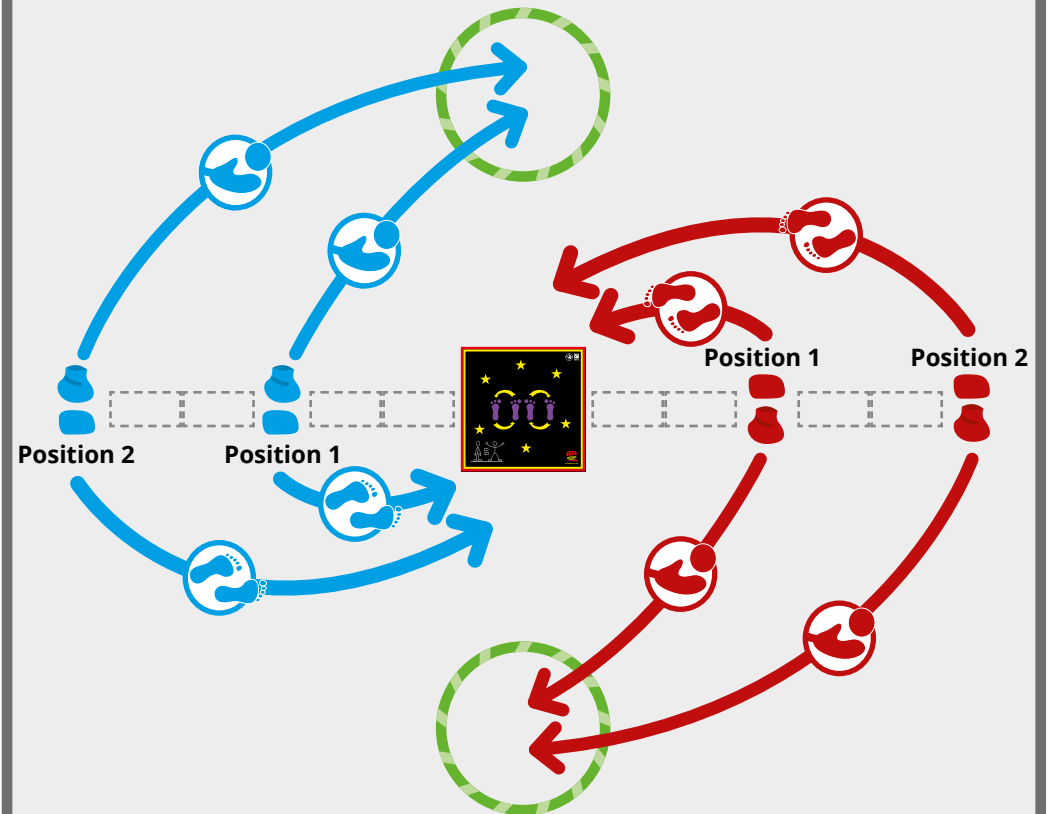
Sock Ball



Bean Bag



### Set-up example





## The Setup



## Social Distance 3

### What's needed

- Home Mats
- Action Mats
- Arrow Mats

### How to play

Use the arrow mats as distance spacers to create socially distanced space between each Action Mat.

Each exercise mat is assigned its own grid reference. The teacher will call out a different grid references for each team, the players will run to their grid location and perform the exercise. Once they have completed the exercise they will run back to their home mat.

