



Some helpful tips to help implement social distancing during your DDMIX classes.

For most part, the classes do not include physical contact, however we are aware there are a few activities in the resources that do include physical contact, so we have therefore provided a little bit of help on how to adapt them to ensure safe social distancing is maintained.

Games and activities.

1. **Bubbles** – This game can be simplified, using just bubbles 1 on their own. It is a great way for the children to get used to the idea of keeping their 2m distance and get them all moving around the room. You can start off with Bubbles on the spot, pop and repeat until you are confident that they can move around the room. Focus on how big they can make themselves and how small they can crouch down to.
2. **Movemaster/Shapes** – This can initially be played on the spot. The children can still create the movements and commands but start with movements on the spot. They can form the shapes with their own bodies. Once you are confident that they can remain a safe distance / or with older the children, you can introduce travelling around the room. When calling out the formation each child can freeze on the spot using their own body to form the shape or if appropriate for smaller classes they can safely get form the shape together without holding hands.
3. **Through The Jungle** – Again the children can follow but doing the journey in their own space.
4. **Balance In Numbers** – This can work on the spot
5. **What Shape Can You Make** – They can use their own bodies and then can work in small groups, keeping their 2-m distance to create a tableau, therefore sticking to their own shapes or characters to form a tableau or freeze frame.
6. **Remote Control** – This works well in their own space/on the spot.
7. **Follow The Leader** – The leader can come to the front of the class and demonstrate movements for the children to copy in their own space in the room. This might make a child feel more nervous to volunteer than the original version, therefore please begin as the teacher and give the children time to think of ideas.
8. **Who's Leading Who**- If space allows, create a larger circle. If this does not work, try 2 lines facing one another or a few lines spaced apart.
9. **Levels**- focusing on the movement and positions this activity can be delivered on the spot.



10. **Volume** - focusing on the size movement of the body this activity can be delivered on the spot/in their own space.

11. **Model Me** – This activity is perfect to maintain a 2m distance.

Hopefully these little tips will help. If the smaller group activities in the lesson plans are too difficult to be able to confidently maintain 2m distancing, then bring the class together and you can continue to stay active, create and work on all the skills as a class. The children can continue to volunteer and select their own ideas to create sequences as a big group.

Please do get in touch if have any questions that you have, and we will help wherever we can.