

### EQUIPMENT:

Balls

Beans bags

Cones

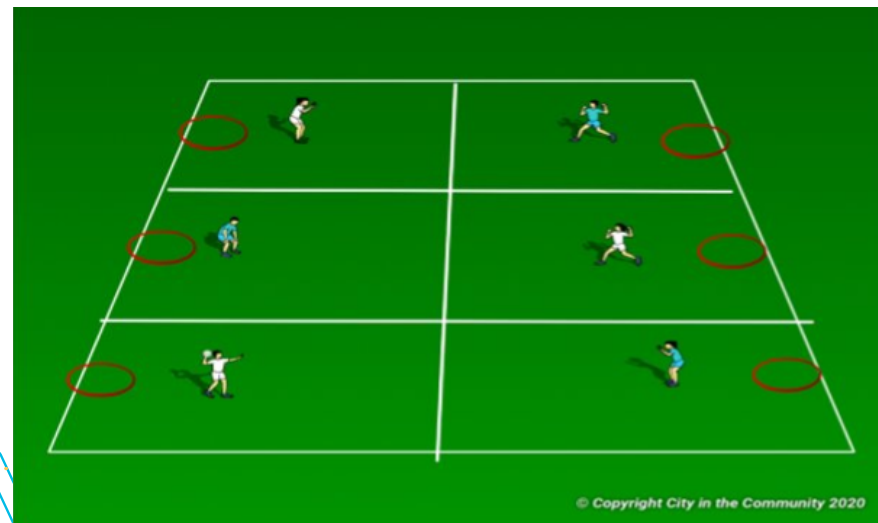
Hula-hoops (cone out a circle shape if you haven't got hoops)

### PREPARATION:

Pupils work in pairs to start 1v1

Set-up pitches (see diagram below)

Pitch split into half, pupils can't cross over into oppositions half





# CITC ACTIVITY PACK

## SCHOOL ACTIVITY - KS1



CITY IN THE  
COMMUNITY

**Be Active**

### ACTIVITY:

Pupils aim to throw beanbag (ball) into the opposition teams hula-hoop

Pupil out of possession can block and intercept shots, but can not stand inside their hoop to defend

Pupils score a point every time they get the beanbag (ball) into the opposition teams hula-hoop

Pupils can take a maximum of 3 steps when in possession of the beanbag (ball)

### ADAPTATIONS:

Start off as 1v1, progress into 2v2. Split each half in half again to create quarters. Pupils have a quarter each with a hula-hoop to defend

Premier League format; first to 3 points wins, then switch the person you are playing against

Bonus point if they catch oppositions shot

**Let us know how you get on with this challenge @citctweets**