

# CITC ACTIVITY PACK

## SCHOOL ACTIVITY - KS2



**CITY IN THE  
COMMUNITY**

### Be Active



#### EQUIPMENT:

Cones  
Bench or skipping rope  
Ball - any type

#### PREPARATION:

Players can choose the type of pitch and challenge they would like to play (this can change throughout - see diagram)

Cone out small area with a net type zone in the centre (nets can be made from benches or skipping ropes)

Players score by getting the ball to bounce in the oppositions half

### ACTIVITY:

Games are played 1v1

Yellow Pitch – Game using hands to develop techniques of sending the ball by batting over to opponent

Red Pitch – Players can use their feet, to send the ball to opponent

Orange Pitch – Players have extra opportunities to score, with score zones or cones placed in the area to try and hit or knock over

Blue Pitch – Same game but added nets/score area behind for added challenge

### ADAPTATIONS:

Ask children to create their own challenges and rules



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