

EQUIPMENT:

Cones, bibs

ACTIVITY:

Working on ABC's in their small boxes, teacher give the pupils challenges that they have to complete asap

Challenge examples?

- 20 star jumps
- 40 hops
- Number the cones 1,2,3 and 4. Teacher shouts sequence and the pupils have to run and touch the cones in that sequence
- Hop to cone 1, side-step to cone 2, jog backwards to cone 3, jump to cone 4

PROGRESSIONS:

Incorporate equipment e.g. bounce the ball around all 4 cones



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Be Active



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

EQUIPMENT:

Cones, net/target, football

ACTIVITY:

Set-up as in the diagram

Pupils have 60 seconds to:

1. Run in and out of the cones, to the goal and back to the start
2. Dribble a ball in and out of the cones and score a goal (with feet)
3. Dribble a ball in and out of the cones and score a goal (with hands)

PROGRESSIONS:

Decrease the time e.g. pupils only have 45 seconds to do the challenge

Vary the challenges e.g. pupils need to jump from cone to cone and then score a goal

Add a goal keeper in the net



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EQUIPMENT:

Cones, balls, bibs

ACTIVITY:

Set up lots of different boxes to have a few races going at once

2 pupils in their own box face each other. Teacher shouts a colour combo (red, blue, yellow & orange), the pupils must run to each cone and back to the middle of the square before progressing onto the next colour

The pupil that finishes all colours first wins. The winner moves up to the next square and loser moves down a square



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CITC ACTIVITY PACK

SOCIAL DISTANCED - KS1

EQUIPMENT:

Cones

ACTIVITY:

Split the group into 2 teams, placing each pupil on a numbered cone

Teacher calls out a number, the pupils then must run around the track twice and make it back to their number cone. First one back to their spot, wins!

PROGRESSION:

Different movements to be completed whilst moving around the circle
e.g. jumping, hopping, skipping

Incorporate equipment e.g. dribbling a football, jumping over cones as they run around etc.



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EQUIPMENT:
Cones, bibs

ACTIVITY:

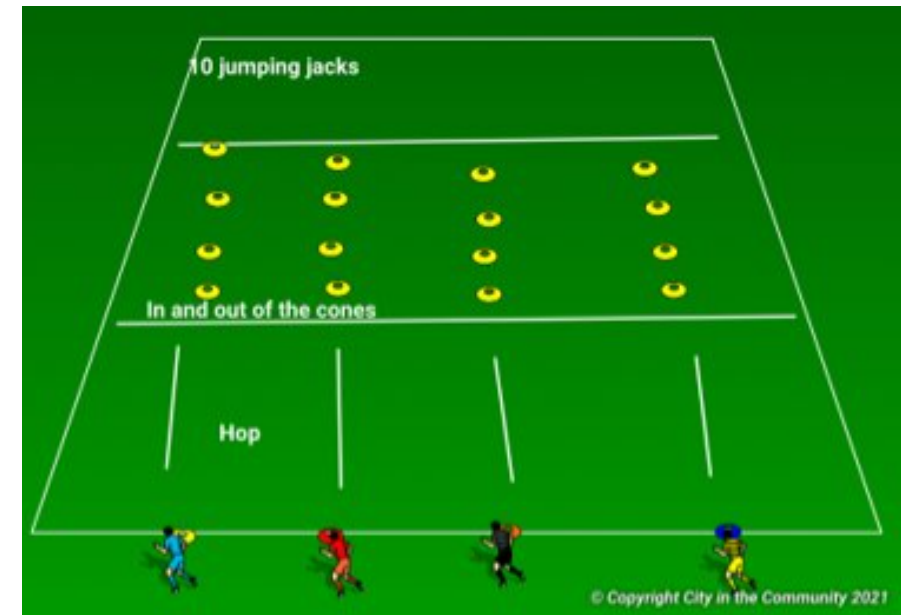
Mark out a series of challenges, in 3/4 different zones (see diagram). Pupils race from one side to the other completing the challenges as they go

PROGRESSIONS:

Set a time limit to try and make it through all of the stages

Working as a team, the pupils have to race against the other teams to carry equipment across the course - the first team to get all of their equipment across wins

Get the pupils to set the challenges e.g. running backwards



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