

EQUIPMENT:

Mats, bibs

ACTIVITY:

1 frog (yellow) and everyone else are flies (red). Each pupil starts on their own mat, they can only move to another mat if there is no-one else on it

The Frog is trying to catch the flies by throwing a bib at them. If a pupil gets hit by the bib, they then become the frog.

PROGRESSIONS:

Pupils can only move in a certain way e.g. skipping, hopping

Replace bib with a sponge ball



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EQUIPMENT:

Cones, balls (one larger one if possible)

ACTIVITY:

Start by putting a larger ball in the middle of the 2 teams, and set out a throw zone. At the same time, players will throw a smaller ball or object at the bigger ball to try and make it roll into the other teams area. First team to do this wins!!

PROGRESSIONS:

Increase the number of balls in the middle and set a time limit, the team that has got the most balls in the opposition area when the time is up, wins

Create 2 more teams on either side to create a 4-way multi-directional game



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CITC ACTIVITY PACK

SOCIAL DISTANCED - KS1

EQUIPMENT:

Cones, balls, beanbags

ACTIVITY:

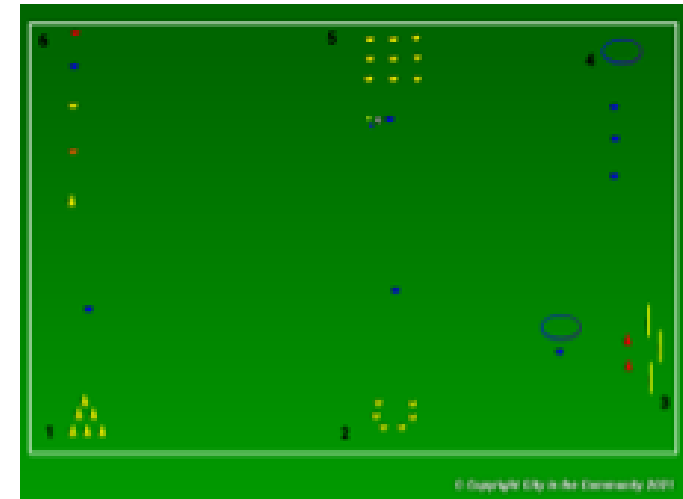
Split the class up into small groups. Have 6 activities set out (see diagram), like a circuit the pupils will complete each activity. Give each pupil has 1-3 bean bags, a tennis ball and a football

1. Bowling – 9 pins, how many can you knock down
2. Bowling – roll the ball or push the bean bag into the target area
3. Hoop toss – pole or cones marked out, throw the hoops over targets
4. Hoops – have a hoop on the floor, throw the ball and try to get it into the hoop or bounce in the hoop, move back if you get it in more than 3 times
5. Cone flip – flip 9 cones upside down and have them out in a square shape
Throw the ball to bounce so it flips the cone over or throw the bean bag so it lands in the cone.
6. Line of different coloured cones, can you throw/roll the ball/bean bag so it goes near to the colours



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EQUIPMENT:

Cones, mats, bibs, balls

ACTIVITY:

Working on fundamental movement skills and dribbling skills, pupils move around the area in various ways e.g. running, jumping, skipping hopping. Ask the class what other ways they can move around.

Work on changing speed and changing direction, can you get in and out of the castles (cones or mats) in various ways.

PROGRESSIONS:

Add a ball – can pupils keep the ball close and under control using hands or feet to dribble around going in and out of as many castles as possible?



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CITC ACTIVITY PACK

SOCIAL DISTANCED - KS1

EQUIPMENT:
Cones

ACTIVITY:

Statue, Sculptor, Rock - in groups of 3 pupils will decide on the following roles:

Statue (1) will create a random pose and hold it

Rock (2) will close their eyes and try to copy the same pose from the sculptors instructions

Sculptor (3) will tell the rock how to position themselves in order to mimic the statue

PROGRESSIONS:

Play 3 v 3 and first group to get the correct statue pose wins

Add equipment in as an additional element to copy



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