

**EQUIPMENT:**  
Cones

### ACTIVITY:

Set-up 12 cones as shown in the diagram, with a starting cone and a finishing line. Every team to be facing their “caterpillar”. The aim is to move this forward by moving the last cone to the front. The cones must be connected at all times (no gaps).

1 pupil per team at a time will run as fast as they can to move the cone, when they are back at their starting cone the next pupil can go. The first team to get their caterpillar across the finishing line wins.

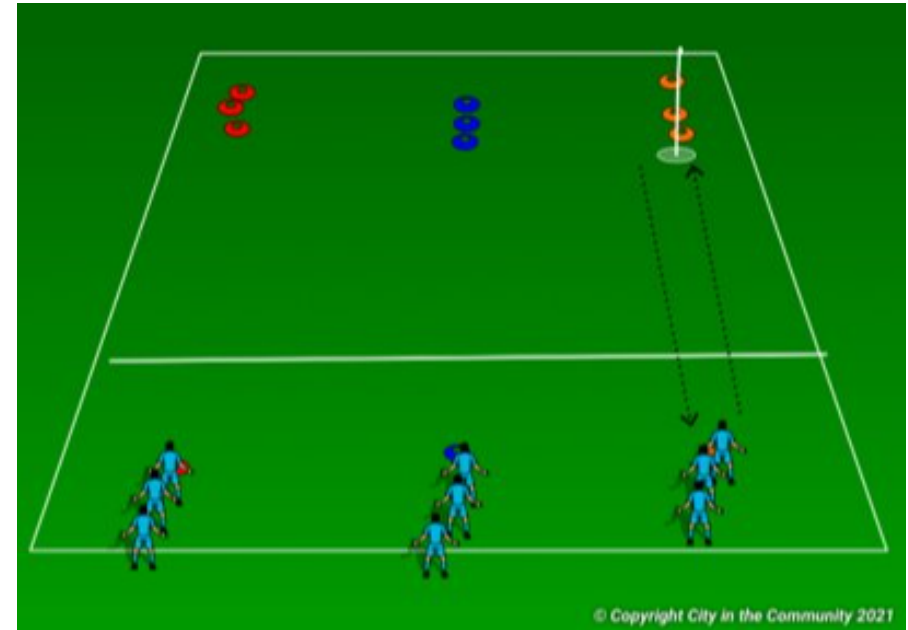
### PROGRESSIONS:

Add a football in, the pupils have to dribble to and from the cones



**CITY IN THE  
COMMUNITY**

**Be Active**



**EQUIPMENT:**  
Cones

### ACTIVITY:

Pupils to run around in random directions and using different ways of travelling. Every time you go past a blue cone - stand on your tip toes and reach for the sky for 5 seconds. Every time you go past a red cone - balance on 1 foot for 5 seconds. Every time you go past an orange cone - hop on 1 foot for 5 seconds.

### PROGRESSIONS:

Next add taggers. Taggers chase pupils and try to tag them, if successful, you will have to freeze like a scarecrow and can be released when someone runs underneath your arms.

If you stand next to a red cone you are "safe", although you have to balance for as long as you are next to that cone.



# CITY IN THE COMMUNITY

## Be Active



### EQUIPMENT:

Cones, balls, beanbags

### ACTIVITY:

Pupils will take part in different races, the first pupil to get all of their equipment back to the start wins.

Race 1 - pupils run and pick up one cone at a time and bring it back to the start

Race 2 - pupils run and grab one ball at a time, they have to bounce this back to the start

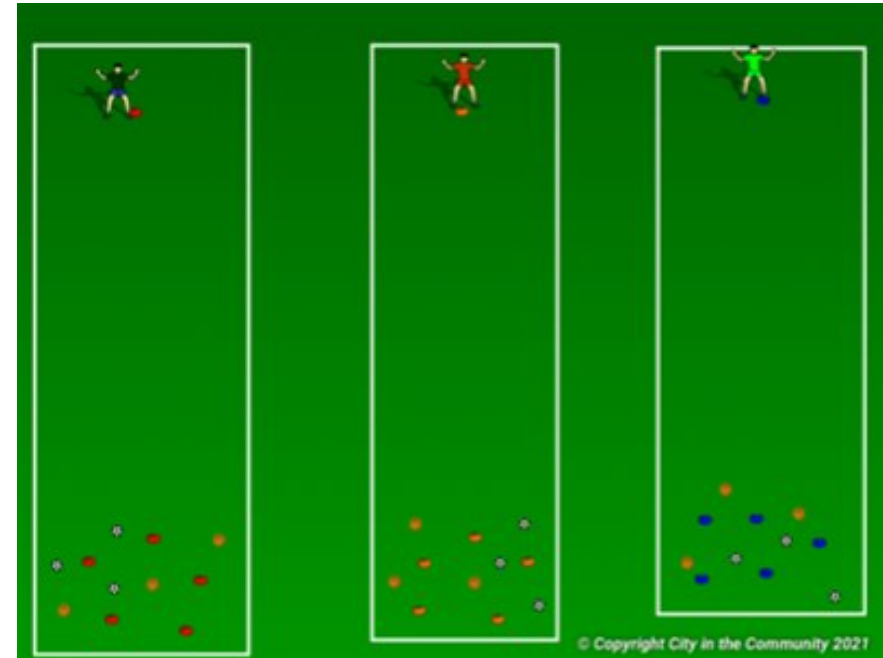
Race 3 - pupils run and get one football at a time, they have to dribbling this back to the start

Race 4 - pupils run and grab a beanbag, they have to throw and catch this 5 times before they can run back with it



CITY IN THE  
COMMUNITY

**Be Active**



### EQUIPMENT:

Cones, hoops, bibs, beanbags

### ACTIVITY:

2 teams; one team aims for blue hoops, the other for red hoops

Each pupil has 3-4 bean bags each. They have to try and throw the beanbags into their teams hoops to get a point for their team. If they get it into the other teams hoop the other team will get the point and vice versa. The team with the most points when all the beanbags have been thrown wins.

### PROGRESSIONS:

Pupils can steal beanbags - if they are thrown and don't land in a hoop, anyone can pick it up and try to throw into their teams hoop



**CITY IN THE  
COMMUNITY**

**Be Active**



# CITC ACTIVITY PACK

## SOCIAL DISTANCED - KS1

### EQUIPMENT:

Cones, balls, bibs

### ACTIVITY:

Each pupil stands on the cone and has 3 cones to run to. Once they go to all 3 cones and back to the starting cone the next pupil in the next diamond can go. First team to finish wins.

### PROGRESSIONS:

Add a ball in to make it harder, pupils have to bounce or dribble the ball to the cone

Change the shapes to make different movement patterns

Incorporate different movements to each cone e.g. hopping, jumping, skipping



CITY IN THE  
COMMUNITY

**Be Active**

