

### EQUIPMENT:

Cones, A4 paper for numbers and signs, whiteboard and pen,  
<https://pickerwheel.com/tools/random-number-generator/>

### ACTIVITY:

Arrange pupils in socially distanced boxes and place 10 cones of the same colour in diagonal direction (1 meter apart). Each group takes turns to spin the wheel of random numbers, the number determines which cone each pupil has to go to in a relay race. Pupils go 1 at a time and don't move out of their box until the previous pupil returns. Each pupil has to perform a different movement during the relay (e.g. 1 runs, 1 hops, 1 skips and 1 jumps) each time they go to and from a cone

### PROGRESSIONS:

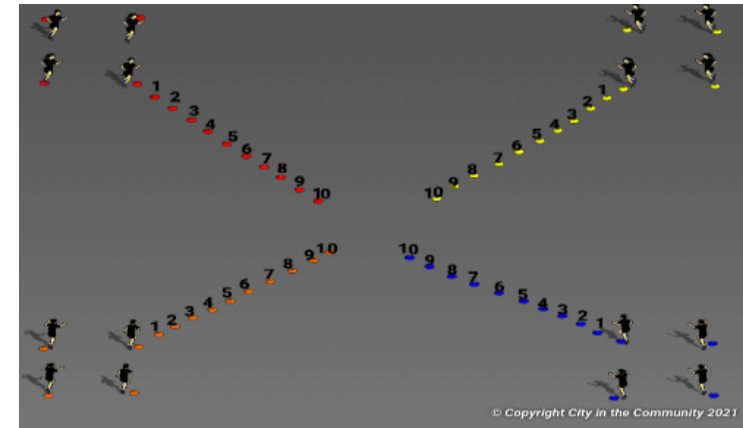
Add other movements; side steps, running backwards, heel flicks, knees up

*If it is not possible to use a random number generator coach/teacher shouts out a random number between 1-10*



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# CITC ACTIVITY PACK

## SOCIAL DISTANCED - KS2

### EQUIPMENT:

Cones, A4 paper for numbers and signs, whiteboard and pen

### ACTIVITY:

Place numbers and signs down and arrange the pupils in groups (as per diagram). Teacher gives a group a number between 1-10, group must work out a sum that makes the number, when they decide on the sum one nominated member of each group race against each other to complete the sum by travelling to the corresponding numbers and signs.

A = ADD

S = SUBTRACT

M = MULTIPLY

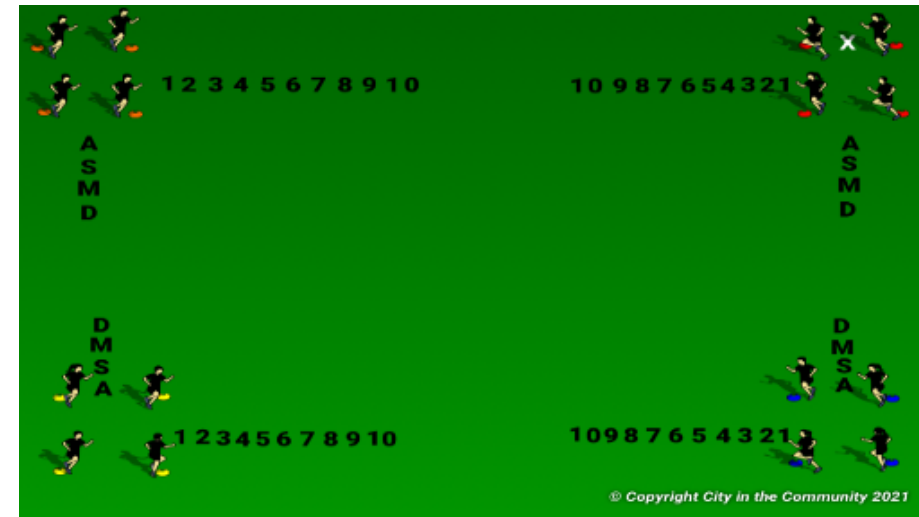
D = DIVIDE

5 points for winning race



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### EQUIPMENT:

Cones, A4 paper for letters, whiteboard, paper

### ACTIVITY:

Place letters in the centre and arrange pupils in groups. Teacher has 10x3 letter words, 10x4 letter words and 10x5 letter words written down. One group at a time get a chance to choose a 3, 4 or 5 letter word from the teacher. The teacher shouts out the word. Group must now work as a team to spell out the word by completing shuttle runs to the corresponding letters and back. If they spell the word correctly they get points (3 letter word = 3 points etc.)

### PROGRESSION:

Each team now has the same word to spell, the team that spell it first wins (you will need more than one of each letter for this)

Change the way the pupils travel e.g. dribbling a football, bouncing a ball etc.



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### EQUIPMENT:

Cones, bibs

### ACTIVITY:

Two pupils in a square of their own, they both run to the middle red cone. The leading team must turn and go either left or right through the end gate before the other team mirroring beats them through it. Leading player can change direction and go in the opposite way as long as they haven't passed the yellow cone on the side they're running. They do this timed for a minute to see how many races they can win as a leader before swapping sides

### PROGRESSIONS:

Double the running time to 2 minutes, but whoever wins the point the leads in the next race and so on

Incorporate a ball e.g. dribbling with hands or feet



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# CITC ACTIVITY PACK

## SOCIAL DISTANCED - KS2

**EQUIPMENT:**  
Hoops, bibs

**ACTIVITY:**

Pupils are split into teams, and have 3 cones each. One player runs out from each team to put their cone into one of the 9 hoops. The cones can be placed to block and opponent and stop them getting 3 cones in a row as whichever team does that first will be the winners

If all cones are placed players keep running out one after the other and have 3 seconds to swap one cones place before going back to their team

**PROGRESSIONS:**

Change the movements pupils have to do e.g. jumping, skipping, hopping



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