

CITC ACTIVITY PACK

SOCIAL DISTANCED - KS2

EQUIPMENT:
Cones

HOW TO PLAY:

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:

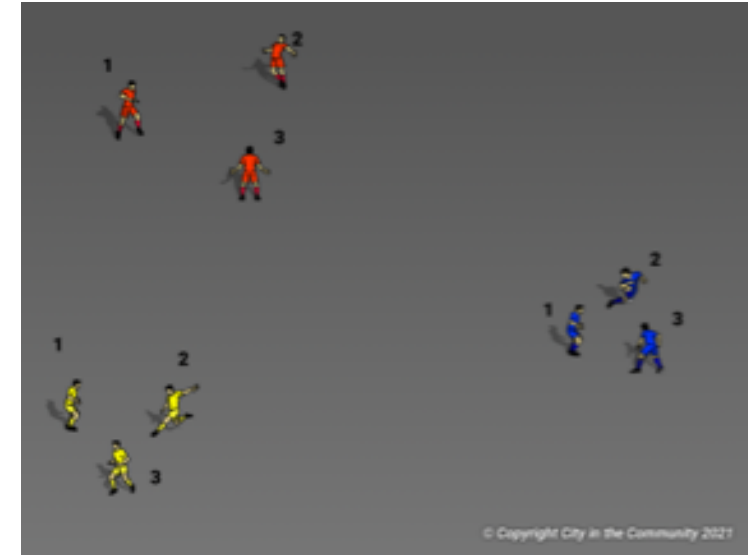
Play 3 v 3 and first group to get the correct statue pose wins

Add equipment in as an additional element to copy



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EQUIPMENT:

Coloured lines on the floor

HOW TO PLAY:

Pupils travel around the area in different ways e.g. skipping, jogging, sidesteps, backwards

On the coaches call of a colour students must get to the correct colour line and hold a balance. If held for 30 seconds they get a point

PROGRESSIONS:

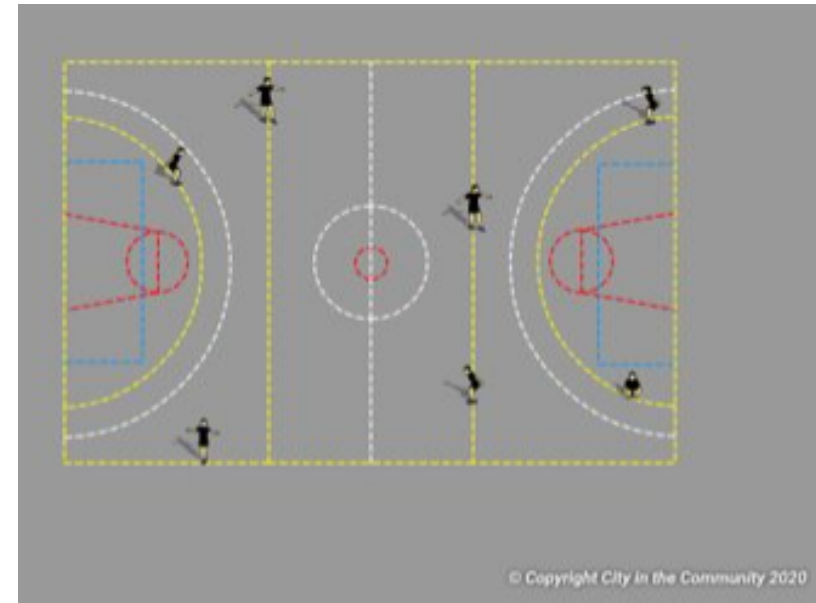
Incorporate equipment into the activity e.g. pupils throw and catch a ball 5 times when they get to the line

Only a set number of pupils are allowed on one line, they also cannot return to the same line repeatedly



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EQUIPMENT:

Cones, balls, bibs

HOW TO PLAY:

Each team has 8 hoops. Teams race against each other to jump inside each hoop. First person to do so wins a point for their team.

PROGRESSIONS:

Add activity to each hoop e.g 5x jumps, throw and catch a ball etc.

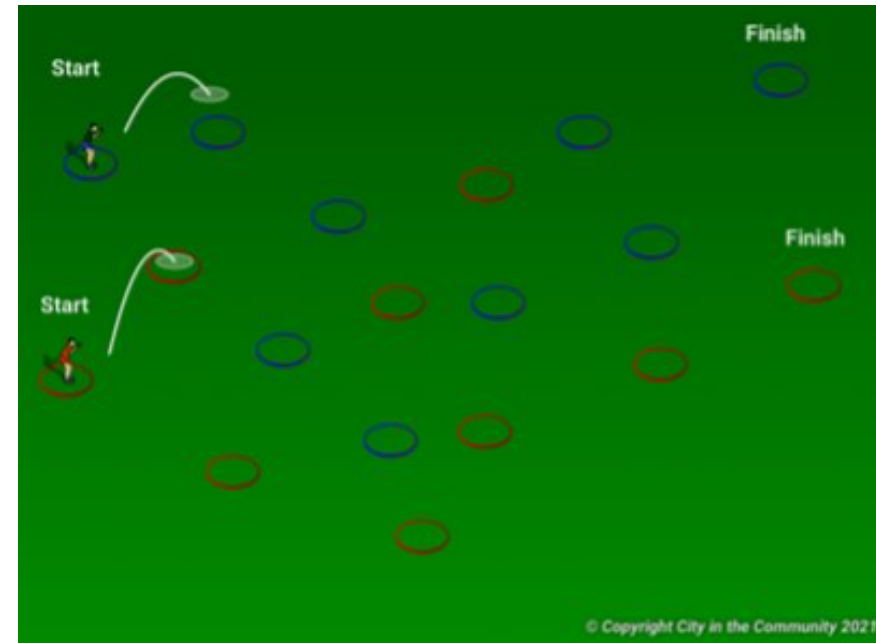
Add more hoops to make harder

Change the ways pupils travel from hoop to hoop e.g. skipping, hopping, jumping



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EQUIPMENT:

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HOW TO PLAY:

Set up 3 squares. On the coaches shout the pupils dribble to that box and perform the skills

Penguin feet = move ball from foot to foot using the inside of their feet.

Scissor take = foot goes around the ball without touching it, then use the other foot to move the ball away

Toe taps = use tip toes and touch the top of the ball with 1 foot at a time, then alternate feet

PROGRESSIONS:

Change the skills performed in each box



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EQUIPMENT:
Cones, bibs

HOW TO PLAY:

2 different races - pupils must make their way through the obstacles (without touching them) as quickly as they can

PROGRESSIONS:

Create 3 difficulty levels, pupils can choose which difficulty level they would like to go for. Hard levels = more points for completing, easier levels = less point

Incorporate equipment into race e.g. 10 top taps on top of a football



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