

CITC ACTIVITY PACK

SOCIAL DISTANCED - KS2

EQUIPMENT:

Cones, footballs

ACTIVITY:

Pupils have own individual starting cone but work together with the pupils on the same side as them.

Decide the order of who goes first, second and last. One at a time, pupils run into the middle area, collect 1 piece of equipment (cone or football) and bring it back to their team. The game is finished when all equipment is gone, the team with the most equipment wins.

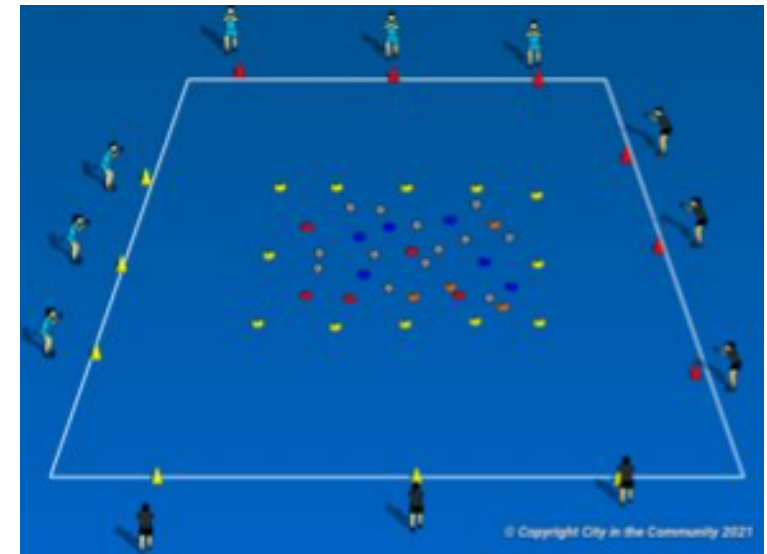
PROGRESSIONS:

Give each piece of equipment a different score e.g. 1 point for red cones, 2 for blue cone, 5 points for football.



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EQUIPMENT:

Cones, footballs

ACTIVITY:

Pupils have own individual lane. Start by having pupils jog to different cones and back (blue, red, yellow, green). Use agility to dodge other pupils whilst running to cones.

Change the way pupils travel e.g. hop to the red cone, jog backwards to the yellow cone

PROGRESSIONS:

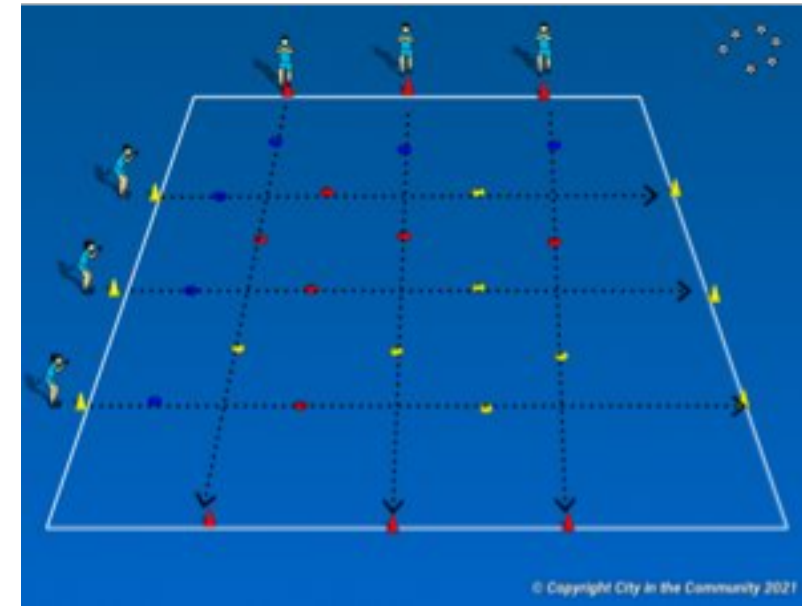
Add equipment in e.g. dribble ball to blue cone, bounce ball to red cone

Turn into competition by allowing pupils to now race against each other.



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EQUIPMENT:
Cones, balls

ACTIVITY:

Pupils run through the cones and meet another pupil in the middle. Once there, they play rock, paper, scissors - whoever wins stays in the middle and the player that loses must run back to the start and then back to the middle.

PROGRESSIONS:

Include a ball - pupils dribble through the cones using hands or feet

Play best of 5, the winner stays in the square and challenges a different pupil



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EQUIPMENT:

Mats, dice

ACTIVITY:

Roll the dice and whatever number it lands on the pupils do the associated challenge:

Number 1 = plank 30 seconds

Number 2 = sprint on the spot 20 seconds

Number 3 = jumping jacks 30 seconds

Number 4 = hold a squat for 20 seconds

Number 5 = hold a balance 20 seconds

Number 6= burpees 30 seconds

PROGRESSIONS:

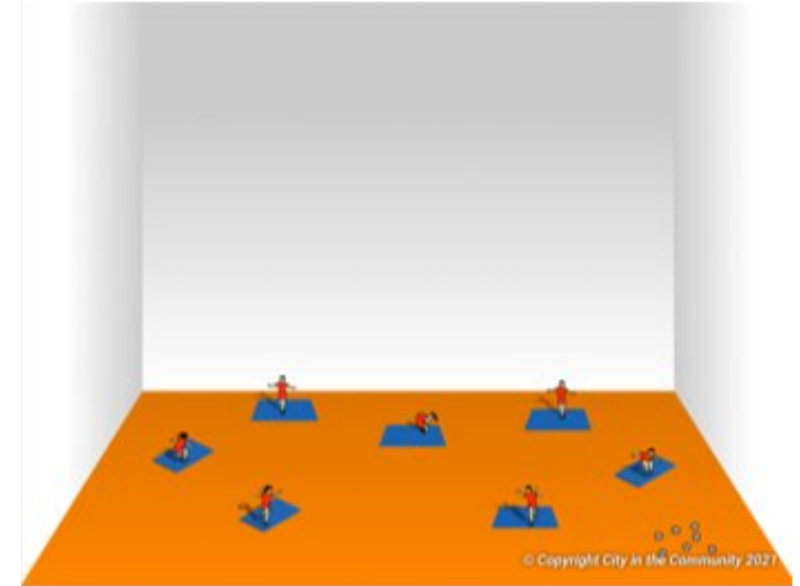
Get pupils to come up with the 6 different challenges

Add some equipment to make the challenges harder



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EQUIPMENT:
Cones

ACTIVITY:

Space pupils out in the playing area, pupils will challenge the person opposite them. Each pupil has 4 coloured cones, coach will call out a colour and the aim is to sprint and tap the coloured cone with their hand before their opponent to get a point. First to 5 points win.

PROGRESSIONS:

Before a colour is called out the coach will shout an exercise or movement e.g. jumps - pupils have to jump on the spot until a colour is shouted out

Split the pupils into 2 teams, they then compete as teams to score the most amount of points.



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