

EQUIPMENT:

Cones
Ladders/hurdles/benches (if you have them)

PREPARATION:

Set up the playing area (see diagram)

Pupils stand on the outside of the square to start with

Pupils warm up by doing different movements in the coned areas e.g. jogging, jumping, skipping, hopping





CITC ACTIVITY PACK

SCHOOL ACTIVITY - KS1



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Be Active

ACTIVITY:

Allocate a different type of jump to each shape e.g. triangle shape = star jumps, square shape = pencil jump, circle shape = tuck jump

As pupils move around the area they have to perform the different types of jumps when they move into the different shapes

Challenge pupils to see how many different jumps they can do in each shape and to use the ladders/hurdles in between the shapes to run through

ADAPTATIONS:

Challenge pupils to do a certain amount of jumps in the shape before moving on to a different shape

Explore how many different types of jumps the pupils can come up with

Challenge for the number of jumps in an allotted time e.g. how many star jumps can you do in 10 seconds?

Let us know how you get on with this challenge @citctweets

