



CITC ACTIVITY PACK

ACTIVE AT HOME



CITY IN THE
COMMUNITY

Be Active

EQUIPMENT:

Balls, bean bags or socks different colours , bowls, cups, buckets

ACTIVITY:

Players start 1 step back from the cups, use an underarm throw to create a line of (a line can be row, column or diagonal). If a player misses the target they go and collect the ball

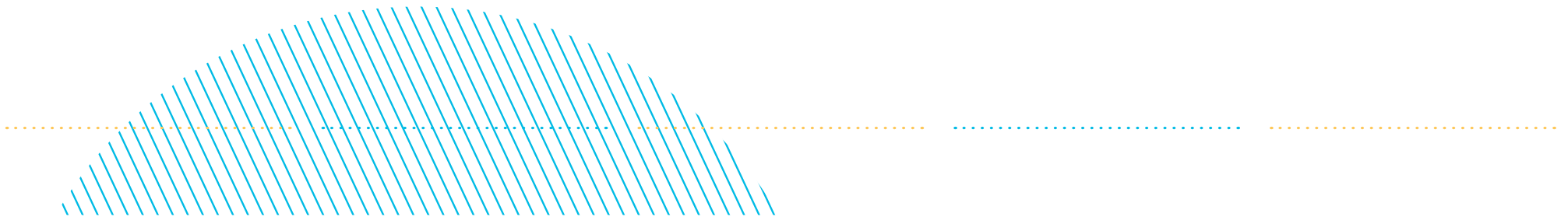
Players can start by practicing on their own then progress to competition

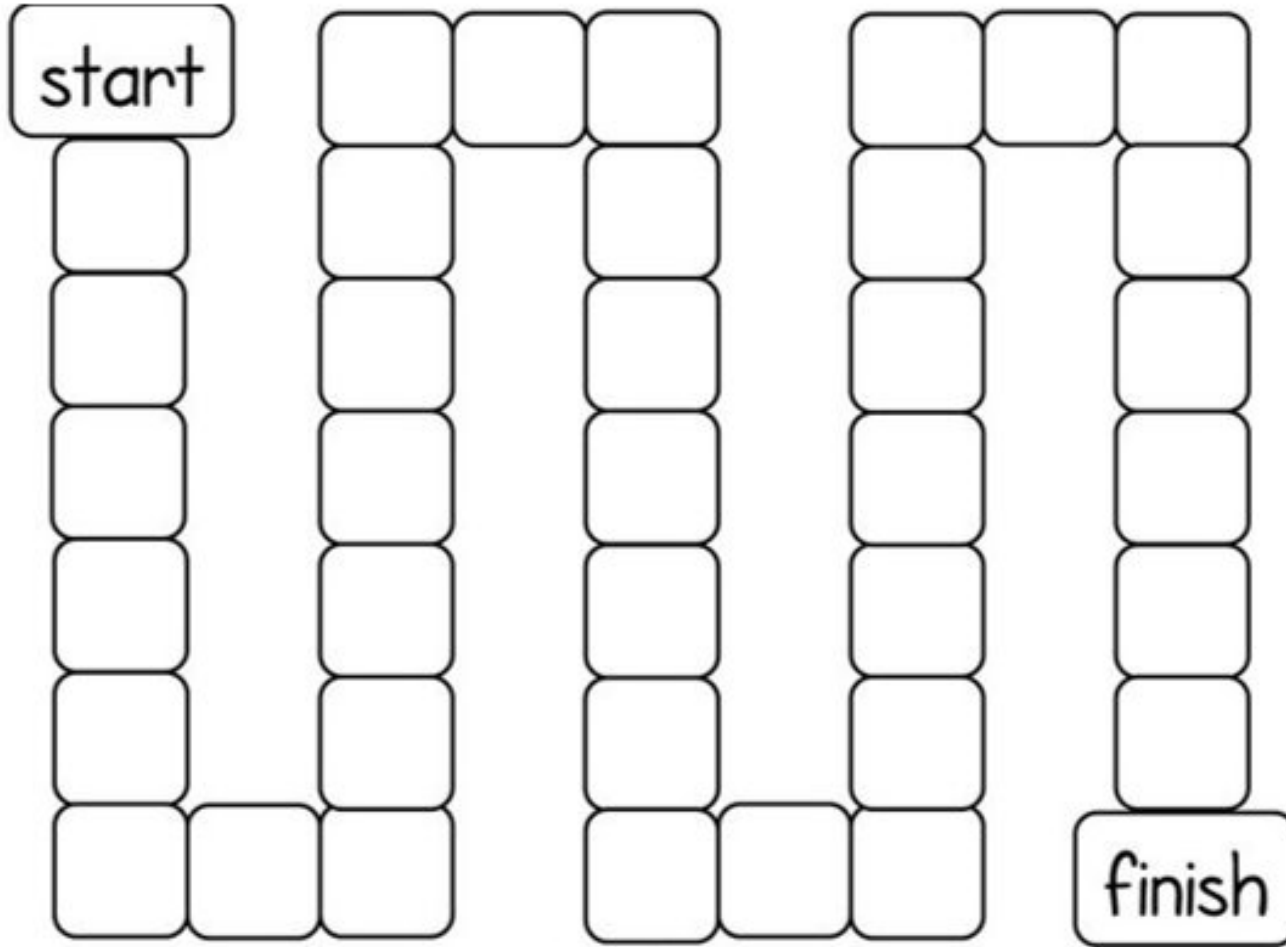
1 - 1 player on one side of the cups with the opponent on the opposite side, players take turns to throw a ball, 1st to make a line of wins

PROGRESSIONS:

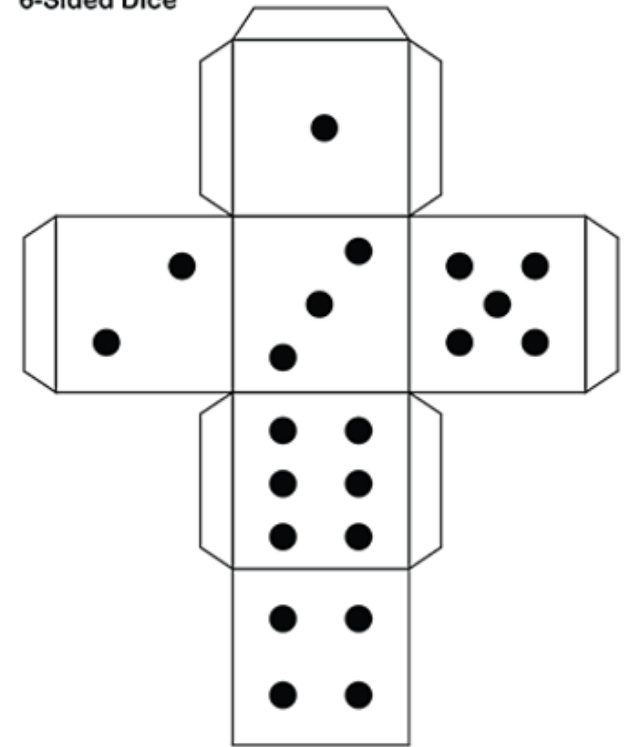
Increase the distance the balls are thrown from

Change the size of the targets or balls





6-Sided Dice



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