Activity Cards



To maintain a basic level of health, children and young people aged 5 to 18 need to do...







Each week the Active Schools Team will focus on a new activity/sport and these are designed to provide ideas to support you and your family to remain active at home.

Keepy Uppy



Step 1

While sitting hold the ball in front

Point your toes and tap the ball with your foot, left foot then right

Repeat 10 times for each foot





You can now try bounce kick, kick, catch Try to keep using both feet and kick the ball gently Keep your eyes on the ball

How many kicks can you do in a row



Step 2

While sitting hold the ball in front

Point your toes and drop the ball down and kick it back up into vour hands

Kick the ball gently



While standing hold the ball in front of you Drop the ball in front of you and

gently kick it back up into your

toes pointed and use both feet





Inside - Inside

Move the ball from left foot to right foot using the inside of the foot

Try to get 20 in a row without stopping

Sole Taps

Tap the sole of your foot on the top of the ball, left foot then right foot

How many sole taps can you get in 30 seconds?

Inside - Outside

Tap the ball using the inside of the foot then the outside

Move around the space you have using both feet

Drag Backs

Use the sole of your foot to move backwards with the ball

Keep your head up and check behind you

Passing

Find a wall or a fence Kick the ball using the inside of your foot towards the wall so it bounces back to you



Add a cone or object Pass the ball against the wall and control then pass Avoid hitting the object with the ball Keep your head up and eyes on the ball







Hard passes when you are playing a longer pass

Place two objects two steps apart as a target Can you pass between the objects? Make the objects closer together or move further away to make this more challenging

Stay on your toes so you are ready to receive the ball

Soft passes when you are playing a shorter pass

Practice using both feet, left and right





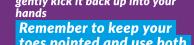


Pass the ball against the wall, turn then pass in the opposite direction Use one foot to control and the other to pass Try with both feet











Shooting



Set up a goal to score in. This could be drawn on a wall with chalk or even made from cardboard boxes.

Step 1

Practice kicking the ball into the net using the laces of your foot Keep your toes down and heel up to improve accuracy

Add an object and take a touch around this then a shot

Practice using both feet

Step 3

Dribble the ball towards the goal and take a shot

How many goals can you score in 30 seconds?

Step 4

Add a family member as a goalkeeper

Try to aim low and towards the corners of the goal

Dribbling

Step 1

Set our four objects in a straight line

Use your right foot to dribble to the ball in and out of the objects

Now try with your left foot, then both feet

Step 2

Now add in a goal to take a shot every time you dribble through the four objects

How many goals can you score?



Step 3

Add a family member as a defender to try and stop you scoring

Dribble past vour defender with lots of small touches

Step 4

Have a 1v1 game against a family member

Who can score the most goals?

Skills Challenge



Roll Scoop

Start with the ball under your foot Drag the ball back with the sole of vour foot

Then flick it up with the laces and catch the ball

Switch Scoop

Start with the ball under your right foot Drag the ball back with the sole of your foot

Then flick the ball up with your left foot and catch the ball

Rocket Launcher

Squeeze the ball between your ankles

Jump up to the side and flick the ball into the air Catch the ball with your hands

Footstall

Balance the ball on the front of vour foot Start by holding the ball in place Now take away your hands and lift your foot off of the floor

Around the World



Step 1

Start by keeping the ball Now keep the ball low when



Step 4

Continue to juggle the ball and keep it from hitting the floor



Step 2

Start the rotation around the ball take it around the top of the ball





Step 3

your foot should go over the top of the ball and around in a circle and back to the starting position before the ball hits the floor

