Tuesday 24th March 2020

Primary 1/2

PE

1. In your garden or in a space get yourself warmed up with:

* 10 shuttle runs (touch the fence if you have one)
* 10 burpees<https://www.youtube.com/watch?v=TU8QYVW0gDU> (if you’ve forgotten!)
* 10 explosive star jumps <https://www.youtube.com/watch?v=6GxXBq7ml3o>

1. If you have a football or alternative ball practise some of the skills we have been doing:

* run and stop with the ball
* beep the horn (toe taps on the ball)
* car wash (side to side)
* round the roundabout (turn on the spot)
* Change of speed
* Swap- Pass to a partner if you have one!

1. If you have cones use them and if not try anything else (tins or pots would do)

Set up a circuit that you can dribble in and out of the cones

If you need some more ideas- have a look at these websites:

<https://blog.choosefootball.com.au/10-football-training-drills-to-improve-your-childs-soccer>

<https://www.thesoccerstore.co.uk/blog/football-coaching/how-to-improve-your-football-skills-at-home-in-your-garden/>