

#stayhomestayactive  
@PEatHome1

## EXPLORE



You will need a football if you have one, if not any type of ball will be fine.

### Bright Ideas:

Can you dribble the ball using the inside and outside of your foot? Do lots of practising, start slowly and see if you can speed up as you get more confident.

### Top Tips:

Whilst you are dribbling the ball, try to look around you, not at your feet. Try to keep the ball close to your feet at all times.

Now ask someone in your family if they can help you. Start dribbling your ball around an area and ask them to shout out a part of the body such as knee, head, right foot, ear, bottom! As soon as they shout a body part you must quickly stop the ball and put that part of the body on the ball.

As you get more confident think about which parts of the body you should stop the ball with.

Try dribbling and stopping the ball with your:

- Right Foot
- Left Foot
- Bottom of the foot
- Inside of the foot
- Outside of the foot

@KESSPB

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Where can I find out more about Football?

<https://www.cdfc.org/>

<http://www.football.com/>

<https://www.bbc.com/sport/football>

## PRACTICE



Ask your family member to help you with this practice. You are going to play CROCODILES!

The aim of the game is to get across 'the river' try dribbling your ball and keeping hold of it without being tackled by the crocodile.

The crocodile has to stand in the centre of the river, they are only allowed to move side to side.

If you lose control of the ball, stop and control it before dribbling again.

Perhaps you can try being the crocodile too!



## English Challenge!

The Liverpool FC first team squad has players from 19 different countries including Brazil, Scotland, Egypt, England and Belgium.

Pick your favourite player from the club or country you support and design a fact file all about them. Put the player name and the country and club they play for at the top of your fact file.

Around your fact file draw;

- A picture of the player
- A picture of the club badge they play for
- The flag of the country the player is from

Write four key facts about your player, make sure you use capital letters, full stops and strong descriptive words.

You might add interesting facts like their age, favourite food and hobbies!



Make sure you have enough room to complete the tasks.



## DEVELOP



In this activity you are going to use the new skills you have learnt to play a game with a family member.

Create a square area, as big as you can, mark the area with cones, toys or plastic cups! If you have two balls, you can use one each but don't worry you can also play with one, just have a chaser!

Ask your family member to start on the opposite corner of the grid.

When you shout "GO" you must both dribble around the outside of the grid and try to catch your partner.

If you shout "STOP" you must both stop your ball with your feet.

If you shout "TURN" you must both change direction and go the other way around the grid.

REMEMBER! Keep the ball close, look up and use the inside and outside of your foot.



## Parent's Tip!

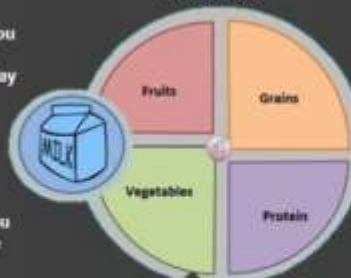
When dribbling a football, the best way to get better is lots and lots of practice!

Encourage your child to use the inside and outside of both feet, keeping the ball close to them when practising.

Taking small, quick steps will help to develop technique and keeping the head up will encourage good body position.

## PSHE Challenge!

Footballers have carefully planned diets to ensure that they are as fit and healthy as possible.



This healthy food plate shows the food groups you need for a healthy diet. Can you copy the picture and draw and label as many foods as you can think of which fit in to these groups? Put a star by the ones you like best!

# KS1