



Foundation

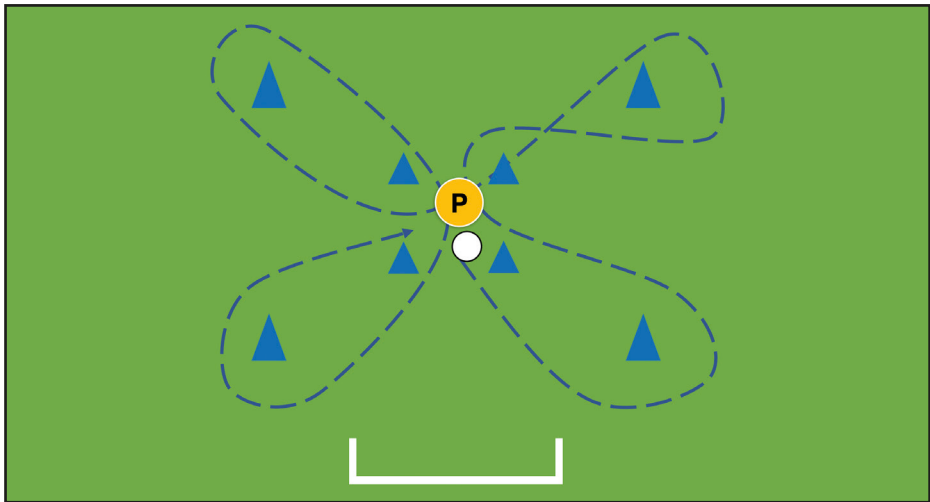
PHYSICAL ACTIVITY BOOKLET

I'M PLAYING FOR
ALFIE



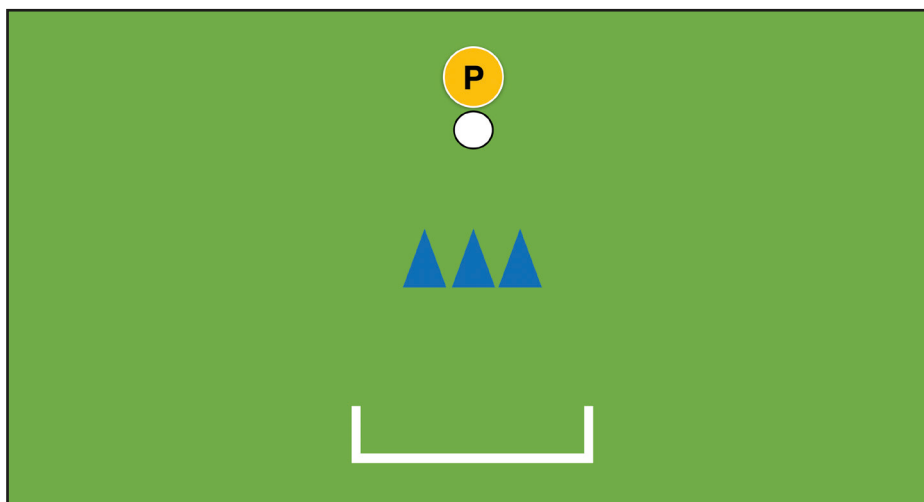
Foundation
PREMIER LEAGUE PRIMARY STAR

Agility & Speed Dribbling



Set Up	<ul style="list-style-type: none">Using cones or markers make a big square 1x10 yards with a smaller square inside it 2x2 yards.
Key Factors	<ul style="list-style-type: none">Players must dribble around each cone on the big square but must pass through the small square before moving to the next cone.Why not time yourself and try to beat it?
Equipment	<ul style="list-style-type: none">BallCones / Markers

Beating a Player 1v1



Set Up	<ul style="list-style-type: none">• Object placed in front of you to act as a defender, and a goal to shoot at once you've beat the defender.
Key Factors	<ul style="list-style-type: none">• Be creative with the different ways to beat the defender.• Timing of the skill, not too early or too late.• Try beating the defender on both sides to help improve weak foot.
Equipment	<ul style="list-style-type: none">• Ball• Something to act as a defender

Throwing & Catching



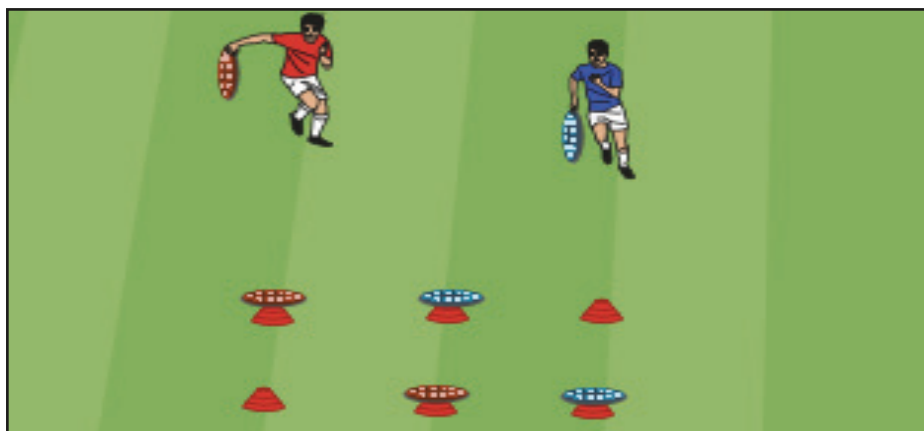
Set Up	<ul style="list-style-type: none">• Facing the wall you start off by throwing underarm against the wall and when the ball rebounds you have to catch it with two hands.• As you get further away you can move to and overarm throw making it harder.• You can do this by yourself, but if you have someone there with you, you can practice throwing and catching the ball to each other.
Key Factors	<ul style="list-style-type: none">• Eyes on the ball• Cup - Make your hands in a cup shape• Chest – Bring the ball towards your chest• Close – Close you hands to prevent the ball escaping
Equipment	<ul style="list-style-type: none">• Ball and a wall

Throwing & Catching



Set Up	<ul style="list-style-type: none">• You will be playing a game of wallie by throwing and catching.• One of you will throw the ball against the wall and the other person has to catch it.• If they don't catch it the thrower gets a point however if you the catcher catches it successful the catcher will get the point.• To make it easier you can allow the ball to bounce once before catching.
Key Factors	<ul style="list-style-type: none">• Eyes on the ball• Cup - Make your hands in a cup shape• Chest – Bring the ball towards your chest• Close – Close you hands to prevent the ball escaping
Equipment	<ul style="list-style-type: none">• Ball and a wall

Noughts & Crosses



Set Up	<ul style="list-style-type: none">• The aim of the game is to get three in a row: horizontally, vertically or diagonally.• You will both start at the same time you both run and put down one of your pieces of equipment, run back to the start and pick up another one and put it down until all three pieces of your equipment are put down.• You then have to keep running back and forth moving the bibs until you get three in a row.
Key Factors	<ul style="list-style-type: none">• Keep your head up• Decision making• Speed
Equipment	<ul style="list-style-type: none">• Cone (or similar)• 3 pieces of two different equipment (eg 3 pieces of toilet paper and 3 socks)

Chalk Walk



Set Up	<ul style="list-style-type: none">• Create your own chalk walk. You could add in all your favourite moves and some moves you might want to improve on.• Some of these could include star jumps, leaping, side stepping, bunny hops and so many more
Key Factors	<ul style="list-style-type: none">• Movement• Speed• Agility
Equipment	<ul style="list-style-type: none">• Chalk and a pavement

Maths Trail



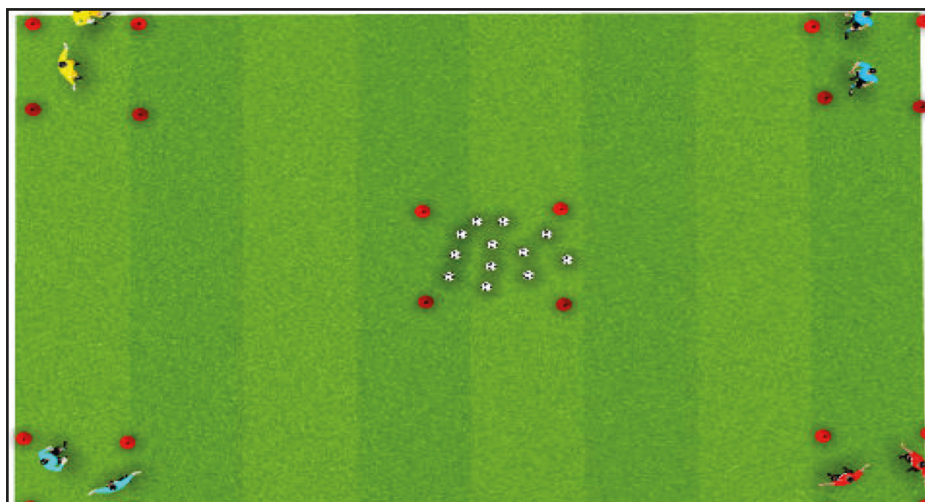
Set Up	<ul style="list-style-type: none">• Create your own maths walk.• You can create a hopscotch, jumping challenges with all different maths questions on.• Every time you complete an exercise you have to answer a maths question to move onto the next set of exercises.
Key Factors	<ul style="list-style-type: none">• Challenge yourself• Movement• Speed• Agility
Equipment	<ul style="list-style-type: none">• Chalk and a pavement

Accuracy Throwing



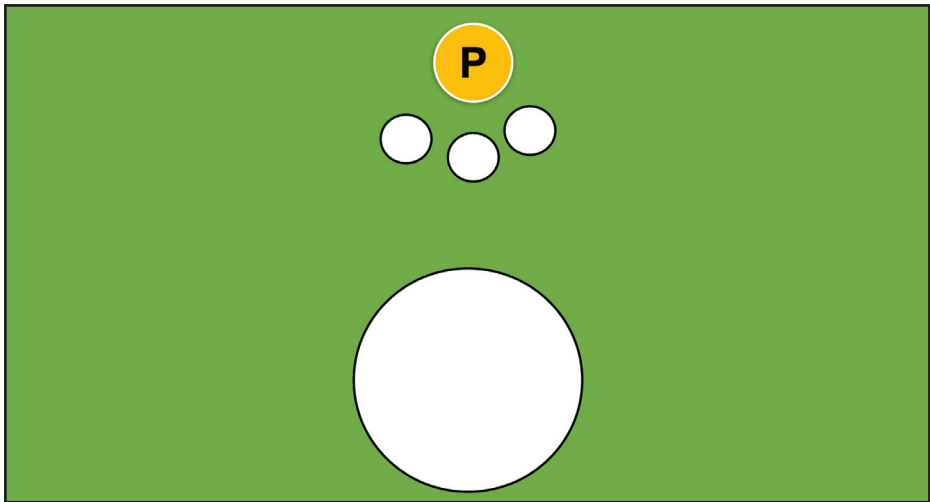
Set Up	<ul style="list-style-type: none">• Time to challenge your accuracy. Start off with a bucket a metre away from you and every time you get the ball it move a step away.• If you miss take a step closer. How far away can you be and still get the ball in?• If there is someone with you, make it a race to see who can get the furthest away from the bucket.• If you want an even BIGGER challenge, can you do it with your eyes closed?
Key Factors	<ul style="list-style-type: none">• Accuracy
Equipment	<ul style="list-style-type: none">• Ball• Bucket or tub

Robin Hood



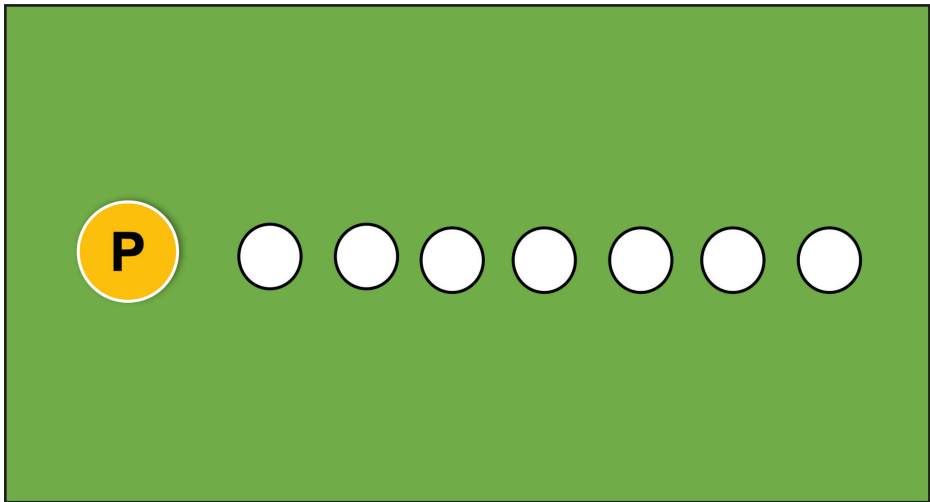
Set Up	<ul style="list-style-type: none">• Fill an area with lots of equipment.• You have to run to the area pick one piece of equipment up and put it back to your starting place until they are all gone.• Time yourself and see how quickly you can do it. Next time you do it see if you can beat your previous time.• If someone is there with you have a competition and see who can get the most items of equipment.
Key Factors	<ul style="list-style-type: none">• Coordination• Speed• Agility
Equipment	<ul style="list-style-type: none">• Balls (or anything else could be lots of socks)

Multi Skills with an Adult (Throwing)



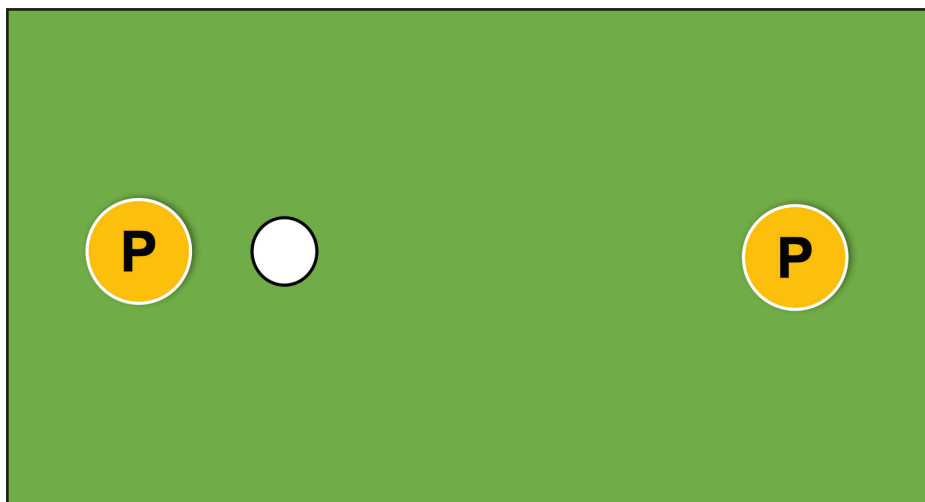
Set Up	<ul style="list-style-type: none">• Have 3 balls/objects behind a marker which can be as close or as far away from the target as you like.• Take it in turns to throw all 3 objects into the target zone and take note of how many you successfully land within the target.• To make this harder can you change the distance between where you're throwing it from and the target.• You can also alternate between under arm throw and over arm throw to challenge yourself.
Key Factors	<ul style="list-style-type: none">• Ensure you stand at least 2 metres away to start off the game and increase to develop skill.• Create the game into a competition with your adult and see who can score the most points.
Equipment	<ul style="list-style-type: none">• Small balls (tennis balls if possible).• Hoop or something to create a target with.

Multi Skills with an Adult (Agility, Balance, Coordination)



Set Up	<ul style="list-style-type: none">• Create a row of cones with a small gap in between each.• One at a time you must run through the cones without touching them.• Once you've had a couple of goes running through them you can change what you do, be creative or follow some more examples: Side steps, Hops, Jumps, Running Backwards, Backwards side steps.• Make it interactive with your adult by giving them a high five on your way back before it's their turn.
Key Factors	<ul style="list-style-type: none">• Ensure every movement is short and sharp whilst keeping control of your body.• Make sure you have enough rest in between each go.
Equipment	<ul style="list-style-type: none">• Cones/markers

Multi Skills with an Adult (Throw & Catch)



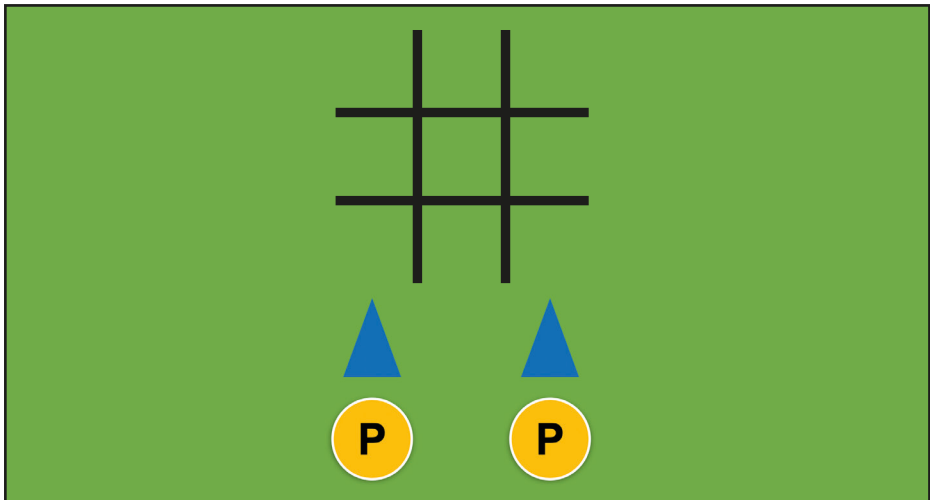
Set Up	<ul style="list-style-type: none">• Put two markers on the floor about 2/3 metres apart to start with.• Start throwing and catching back and forth (under arm throw the start off with).• Once you successfully manage to throw and catch back and forth without dropping the ball you can change the distance between the two cones by 1 metre each time.• Once the distance gets big between you can you change the way you throw to overarm.
Key Factors	<ul style="list-style-type: none">• For short distances can you keep your throws under arm.• For longer distances can you keep your throws over arm.
Equipment	<ul style="list-style-type: none">• Cones/markers and a ball (you can choose what size)

Multi Skills with an Adult (Obstacle Course)



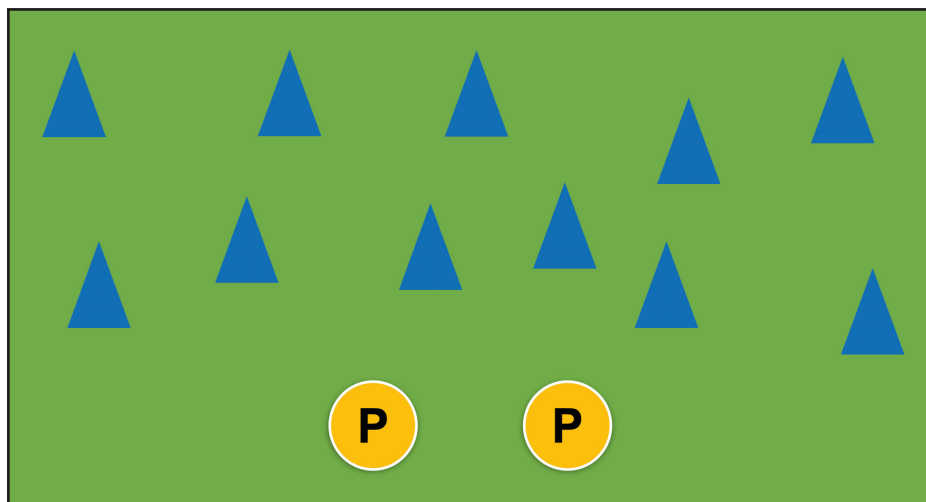
Set Up	<ul style="list-style-type: none">• Spend 5/10 minutes before you start your session creating your obstacle course which needs to have at least 5 different stations.• BE CREATIVE!
Key Factors	<ul style="list-style-type: none">• Try and work different skills/body parts within each station.• Why not plan your obstacle course out on paper first.
Equipment	<ul style="list-style-type: none">• Any equipment you can incorporate into your obstacle course.

Multi Skills with an Adult (Tic Tac Toe)



Set Up	<ul style="list-style-type: none">• Both participants must be behind a cone with at least 5 objects that are the same colour (bibs if possible).• One person must say go and the aim of the game is like a traditional game of tic tac toe where you must try to get 3 in a row.• To make the game more challenging can you start in different ways e.g. Lying down on your front, Lying down on your back, Facing the other way, Jumping up and down.
Key Factors	<ul style="list-style-type: none">• Be quick to stop the other player from winning.
Equipment	<ul style="list-style-type: none">• 5 objects that are the same colour x 2 (different colour per person).

Multi Skills with an Adult (Pirates Treasure)



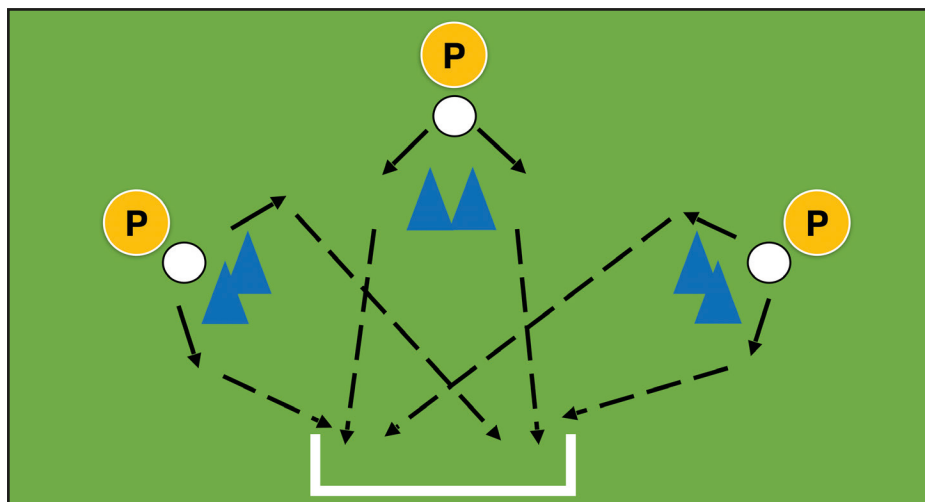
Set Up	<ul style="list-style-type: none">• You must scatter lots of different equipment or items around in front of you.• You must run out and collect one item at a time and bring it back to your start cone.• The winner will be the person who collects the most “treasure” once there’s no more left to collect.
Key Factors	<ul style="list-style-type: none">• Try and use different ways of moving for every round you play e.g. running, jumping, hopping and skipping.
Equipment	<ul style="list-style-type: none">• Lots of different items that you can use to pick up and take back to your start cone.

Multi Skills with an Adult (Dance Routine)



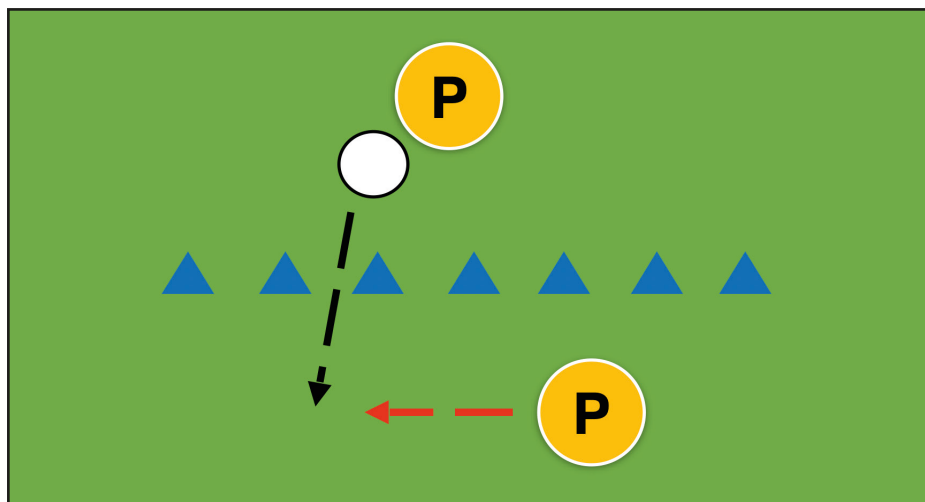
Set Up	<ul style="list-style-type: none">• You have 5/10 minutes to come up with a short 20/30 second dance routine.• Try to think of different movements you can do that will make up a routine for you and your adult to remember.• If you have music available you may want to use a song to keep you in rhythm and to add a bit more fun to the session.
Key Factors	<ul style="list-style-type: none">• Try and use different ways of moving for every dance move.• Explore both high and low, try not to stay on the same level all the time.
Equipment	<ul style="list-style-type: none">• Speaker• Partner

Shooting from different angles



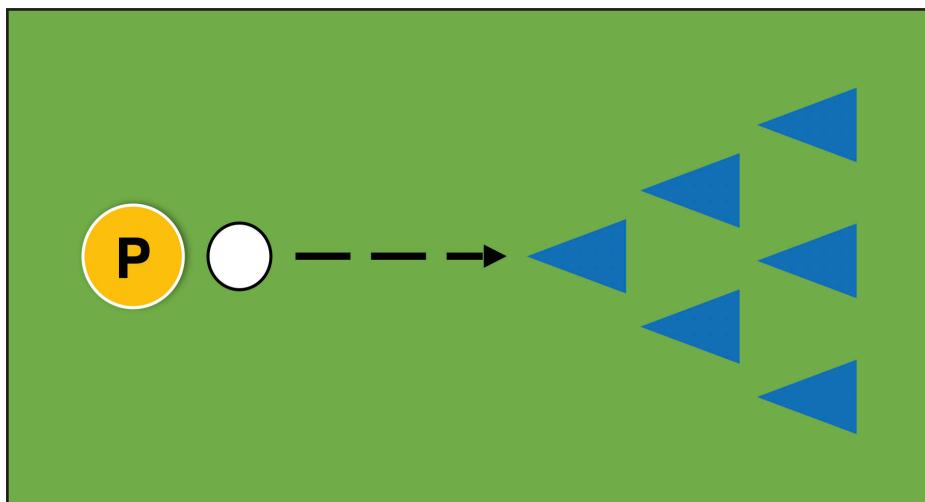
Set Up	<ul style="list-style-type: none">• Set up 3 objects or cones as defenders, with one touch move the ball either side of the defender and take a shot.
Key Factors	<ul style="list-style-type: none">• By moving the ball we are creating an angle to have a shot• Aim for the corners• Can we use both feet?• What different types of shots can we do?
Equipment	<ul style="list-style-type: none">• Ball• Something to act as a defender.• Goal

Foot Tennis (Football)



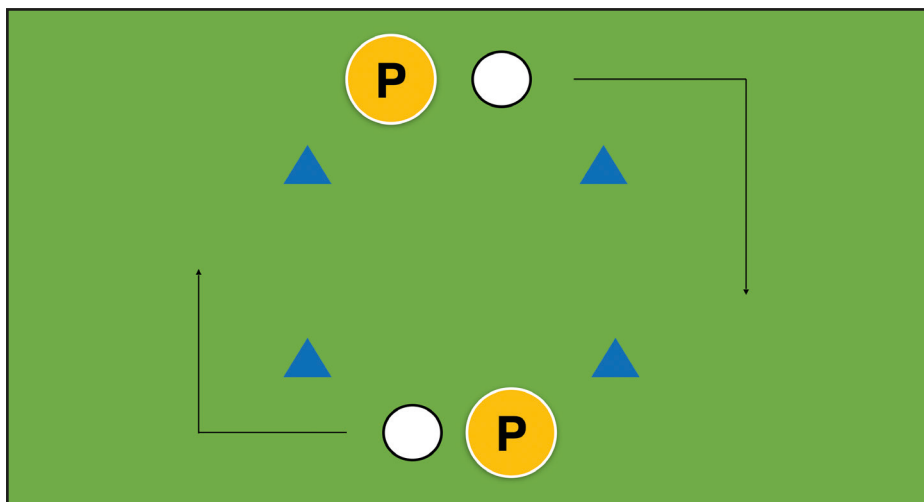
Set Up	<ul style="list-style-type: none">• Use your cones to mark out a half way line between you and your partner (or use other items around the house to create a halfway line).
Key Factors	<ul style="list-style-type: none">• Just like normal tennis rules, the ball is only allowed to bounce on your side once before you have to return it back.• You can return the ball by kicking, heading or any other body part you're allowed to use in football• When the ball bounces on your partners side more than once or they fail to return it, you win the point.• First to 10 wins
Equipment	<ul style="list-style-type: none">• Cones or household items to use as markers (bottles, washing pegs)• Partner• Football

Kick Bowling (Football)



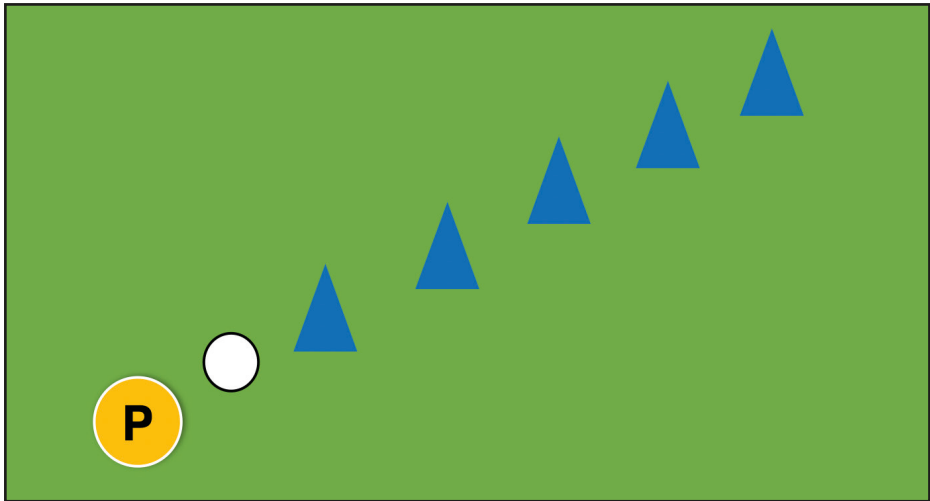
Set Up	<ul style="list-style-type: none"> • Just like normal bowling, the aim is to knock down all of the pins in one go to earn yourself a “strike”. • Set your bottles up in a 1-2-3 formation as shown above.
Key Factors	<ul style="list-style-type: none"> • Without a partner Play 5 rounds, each pin knocked down is worth 1 point, have 2 attempts each round Try and see how much points you can score in 5 rounds Test yourself and use different types of shots to knock down your pins • With a partner Play 5 rounds, when both players have had 2 turns, that completes the round. Each pin knocked down is worth 1 point, so whoever has the most points after both turns, wins the round Test yourself and use different types of shots to knock down your pins
Equipment	<ul style="list-style-type: none"> • 6 bottles (or more if you want) • Football • Start marker • Partner (if you want play against somebody)

Pacman (Football)



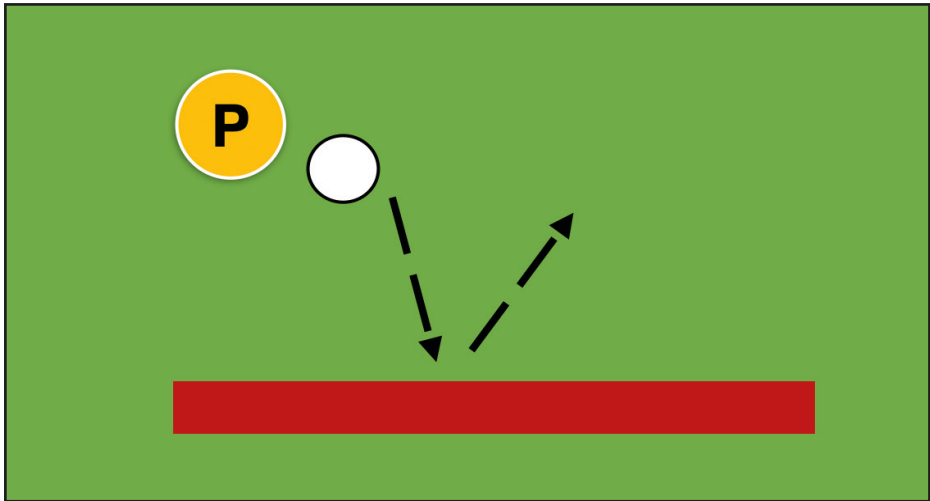
Set Up	<ul style="list-style-type: none">• Set out a square with one person on one side, the other person on the opposite side of the square.• You will be pacman (running away) and your partner will be the ghost (the tagger).• You will both have a football at your feet and will be dribbling around the square as fast as you can.• The pacman will have a 3 second head start and the ghost will follow.
Key Factors	<ul style="list-style-type: none">• Pacman has 30 seconds to stay away from the ghost. If the pacman stays away from the ghost for the whole 30 seconds, you get the point• If the ghost catches you, your partner gets the point.• Play 5 rounds and whoever has the most points wins. Swap over so your partner has a chance at being the pacman as well.
Equipment	<ul style="list-style-type: none">• Stopwatch• 2 Footballs• Partner• Cones or household items to use as markers (bottles, washing pegs)

Straight Cone Dash (Football)



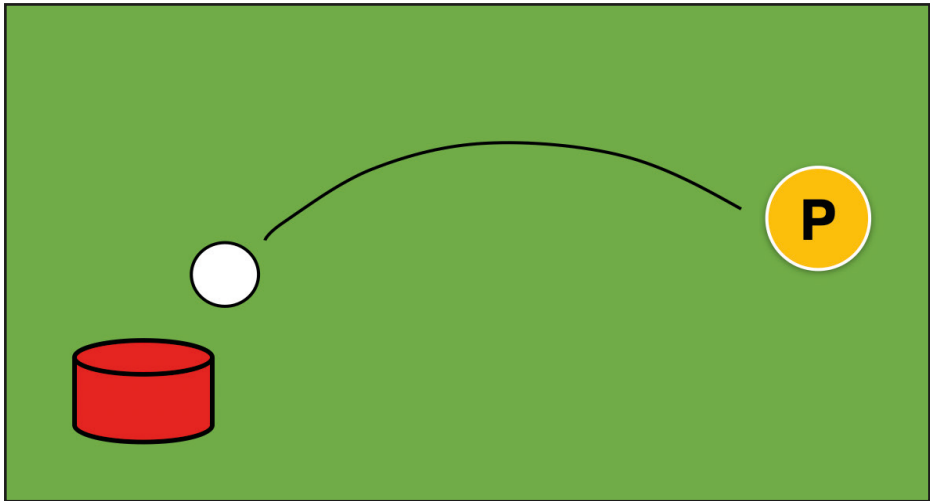
Set Up	<ul style="list-style-type: none">• Place 5 markers in a straight line.• Set your starting marker and finishing marker 10 yards away, on either side of your line of cones.• Start your stopwatch and dribble from your start marker, in & out of the line of cones and stop the ball at your final marker
Key Factors	<ul style="list-style-type: none">• Over a 5-day period, test yourself everyday and try and beat the time that you completed it the day before• Progressions:<ul style="list-style-type: none">• Perform the drill with only touches with your weaker foot• Perform the task but on this attempt, time yourself going there and back• Dribble to the line of cones but only use the sole of your foot to move in and out of them
Equipment	<ul style="list-style-type: none">• Football• Stopwatch• Cones (if you don't have any: empty bottles, balled up socks, washing pegs, etc.)

Wall Bounce (Football)



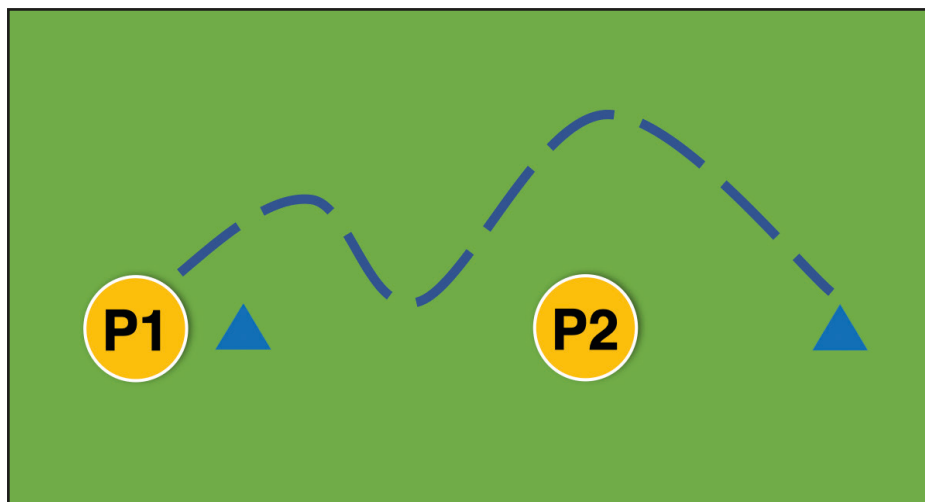
Set Up	<ul style="list-style-type: none">• You have 1 minute to see how many times you can pass the ball off the wall.• Once the ball bounces off the wall, you must only return the pass with the opposite foot.• (Example – if you pass at the wall with your left foot, when it bounces back to, you cannot use your left foot, you have to pass back with your right foot)
Key Factors	<ul style="list-style-type: none">• You are only allowed 1 touch, so as soon as the ball comes back off the wall, you have to pass it back.• NO second touch or you have to restart.• Always be prepared for the ball to return.• Anticipate where the ball is going to go after the bounce.• Progression:<ul style="list-style-type: none">• The ball is now played to the wall with a volleyed pass. You have to play volleyed passes into the wall without the ball touching the floor• If the ball touches the floor, you have to restart the timer
Equipment	<ul style="list-style-type: none">• Football• Wall• Stopwatch

Hole in One (Football)



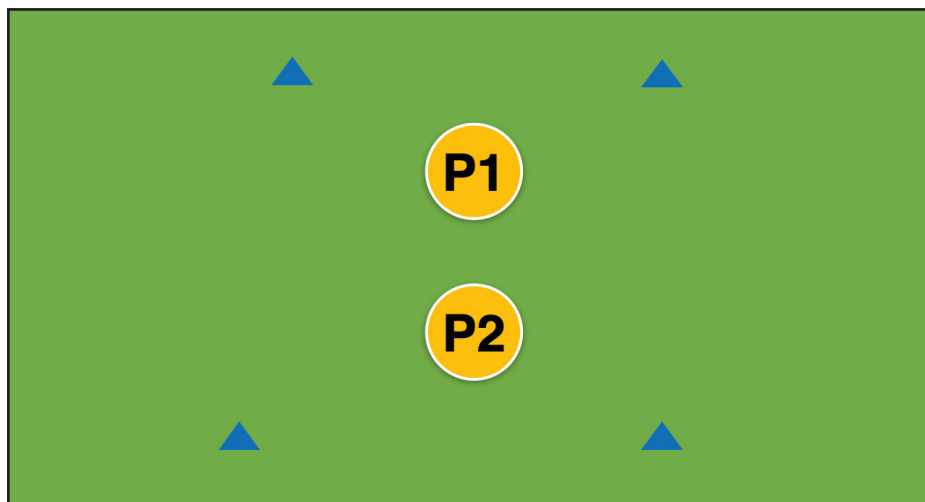
Set Up	<ul style="list-style-type: none">• The aim of the game is as simple as seeing how many times you can shoot the ball into the target in 1 minute.• Mark your shooting point 10 yards away from your target.
Key Factors	<ul style="list-style-type: none">• Judge your distance and decide how much power your shot will need.• Each day of the week, try and beat the score you accomplished the day before .• To challenge yourself, you can also move the shooting distance further back each day.
Equipment	<ul style="list-style-type: none">• Target (bin, basket, pot, box)• Football• Cones or household items to use as markers (bottles, washing pegs, etc.)• Stopwatch

Bulldog



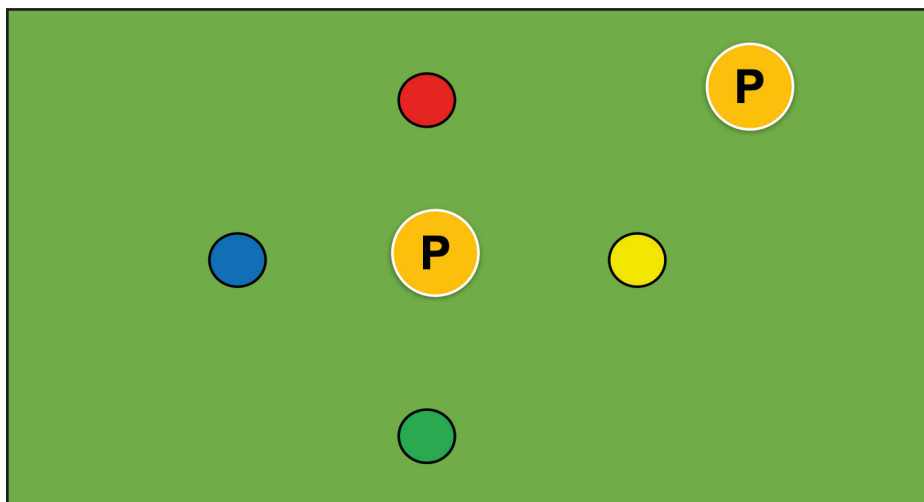
Set Up	<ul style="list-style-type: none">• Set out 2 cones or markers 15 yards apart, player 1 must try and get from one cone to the next without player 2 tagging them, count how many times you make it from one cone to the next and then swap and see who wins• Why not try it with a ball and rather than tagging player 2 must tackle you!
Key Factors	<ul style="list-style-type: none">• Can we use speed and agility• Sharp changes of directions• Change of speeds• Keep the ball close• Use a skill to beat them
Equipment	<ul style="list-style-type: none">• 2 cones or markers• A partner• A ball

Knee Tag with Equipment



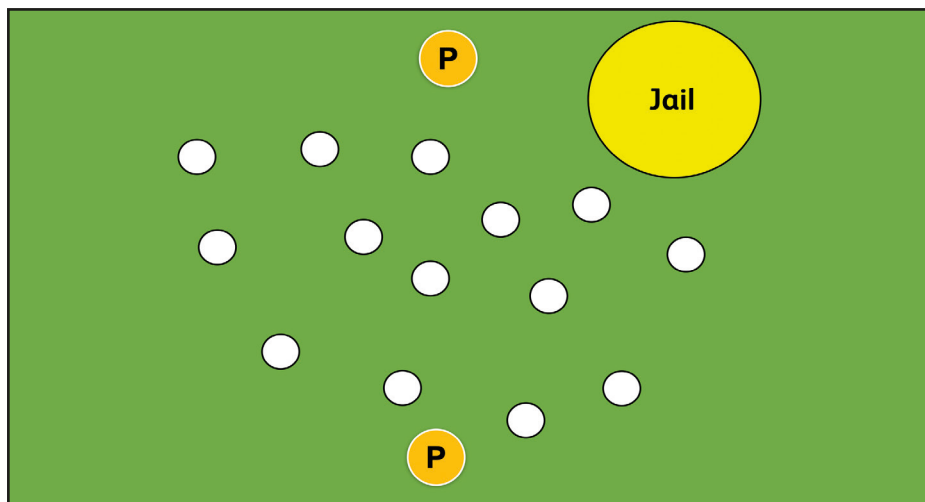
Set Up	<ul style="list-style-type: none">• You and your partner stand facing each other and must stay facing each other at all times.• You can only be a maximum of 3 steps apart.• Player 1 must try to tag either of player 2s knees with a bean bag or socks, if so then player 2 is now on and must try to tag one of player 1's knees.
Key Factors	<ul style="list-style-type: none">• Can we use our agility to move away from the tagger?• Can we show good reactions?• Stay on your toes to move quickly
Equipment	<ul style="list-style-type: none">• A partner• Bean bags or socks

Multi Skills with an Adult (Reaction Times)



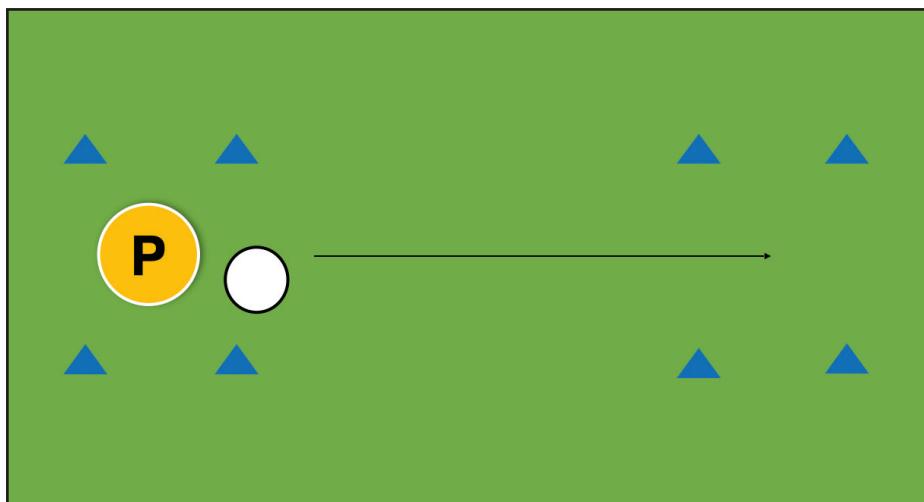
Set Up	<ul style="list-style-type: none">• Set up 4 cones in a square/diamond shape.• Take it in turns one person stands in the middle of the cones and the other stands on the outside.• The person on the outside must be the caller and will shout a colour. The person in the middle must quickly move to that colour and touch it before coming back into the middle.• You must have 10 commands each and then swap roles.• To make it more difficult you can change the distance between you and the cones.• You can also change the way you move to the cones rather than just running you could jump, hop, skip, use your imagination!
Key Factors	<ul style="list-style-type: none">• Make sure your movements are quick and sharp.• Try and stay nice and light on your feet in order to move around quickly (agility).
Equipment	<ul style="list-style-type: none">• 4 different coloured cones or objects.

Multi Skills with an Adult (Cops & Robbers)



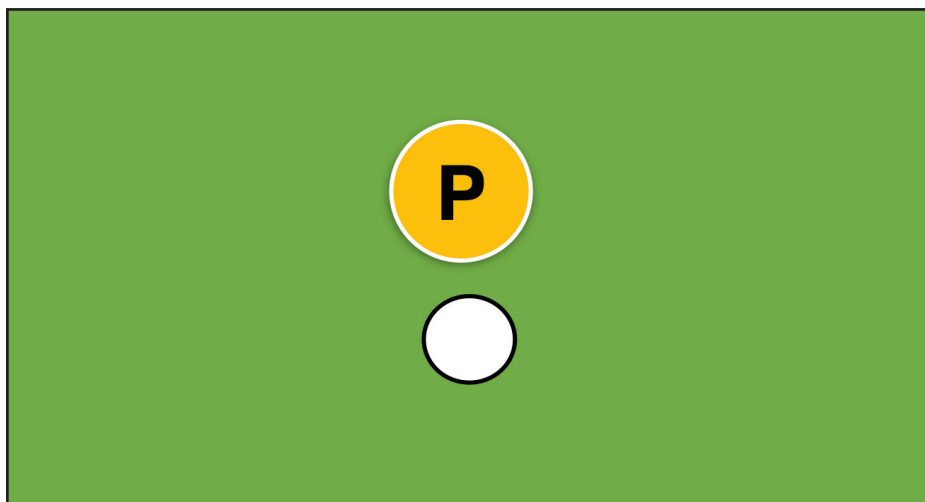
Set Up	<ul style="list-style-type: none">• You must scatter lot of different objects around the area.• One person must take the role of the cop in order to do this they must try and put all of the objects “in jail” which will be a hoop or an area that is marked out. The robber must try to take all of the objects out of jail.• You must only have ONE item in your hands at a time.• See if someone can win by getting all of the items where they should be.• After 2/3 mins change over and have a go at the other role.
Key Factors	<ul style="list-style-type: none">• Ensure every movement is short and sharp whilst keeping control of your body.• Make sure you have enough rest in between each go.
Equipment	<ul style="list-style-type: none">• Cones/markers• Hoops

Keep it up! (Football)



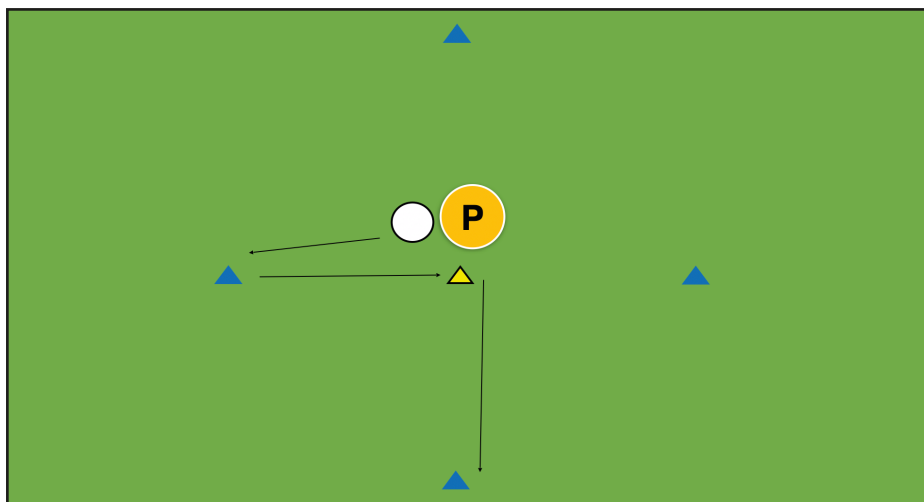
Set Up	<ul style="list-style-type: none">• Set out 2 squares on opposite sides of your area.• Have your stopwatch ready or have someone time your attempt for you.
Key Factors	<ul style="list-style-type: none">• The aim is to travel from one box to the other while keeping the ball in the air.• You can do your kick ups with any part of your body you normally use in a game of football (feet, knee, thigh, head).• Once you've travelled from one box to the other, you can take a small rest before you go back over again.• See how many times you can get from one box to the other in 1 minute without dropping the ball.
Equipment	<ul style="list-style-type: none">• Cones or household items to use as markers (bottles, washing pegs)• Stopwatch• Football

Kick Ups



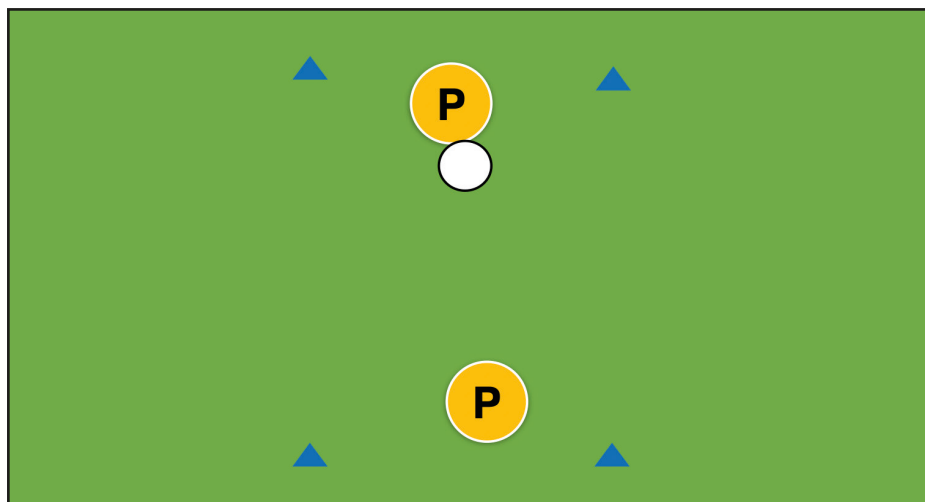
Set Up	<ul style="list-style-type: none">• All you need is yourself, a ball and a safe area to practice!• If you aren't very good a kick ups then start by going bounce kick catch, then you can progress to kick bounce without catching it. Eventually you can try to keep it up with no bounces.• If you are good at kick ups why not challenge yourself to beat the record or you could go left foot right foot.
Key Factors	<ul style="list-style-type: none">• Relax when kicking the ball try not to tense up.• Try not to kick the ball any higher than your head it becomes harder to control.• Be patient you might not be able to do them right away but that's fine, just keep practicing.
Equipment	<ul style="list-style-type: none">• Football

Four Corners (Football)



Set Up	<ul style="list-style-type: none"> • Set out a square with a starting marker in the middle of it. • Have your stopwatch ready or have someone time your attempt for you.
Key Factors	<ul style="list-style-type: none"> • The player has to dribble out from the middle and perform 1 of these turns at each cone: <ul style="list-style-type: none"> • 1. Ronaldo Chop 2. Cruyff Turn • 3. Drag back 4. Reverse Step Over • Each time you perform a turn at a cone, you must dribble back to the middle before you go out to another corner to perform your next turn. • Have a few attempts to see the quickest time you can complete it in. Each day of the week, see if you can beat the previous days time. • Try to go through it with your weak foot • Try to go through it with both your strong foot and your weak foot with no breaks
Equipment	<ul style="list-style-type: none"> • Cones or household items to use as markers (bottles, washing pegs) • Stopwatch • Football

Goalie Wars (Football)



Set Up	<ul style="list-style-type: none">• You and a partner will both be goalkeepers• You need to create 2 goals 10/ 15m apart• Using hands see how many goals you can score whilst the other person tries to make saves
Key Factors	<ul style="list-style-type: none">• Keep on your toes and anticipate where the ball may be thrown• Try not to throw the ball too hard• If it's too easy make the goals wider
Equipment	<ul style="list-style-type: none">• Football• Cones / Markers / Anything that could make 2 goals