

Spar Lancashire School Games

Learn!

Skill 6: Kicking

Equipment: Ball to kick, and a target for the ball to hit

Aim: To develop the skill of kicking a ball with distance and accuracy.

Task 1: Complete the below activity seeing how far you can kick a ball with your favourite foot and hit the target. Measure the distance from where you kicked the ball to the target with strides when you reach your limit. This is your score.

Task 2: Complete it again but try with your other foot

Video Demonstration

Practice makes perfect - play the following game with a parent, carer or sibling

Skill/ Skills	Activities	How to Play
Kicking	<p>Kicking a Ball - Distance & Accuracy</p>	<ul style="list-style-type: none"> Find a suitable target - wall/fence or safe object for the ball to hit. Place a ball anywhere on the floor in front of the target. Facing your target and using your favourite kicking foot, aim to strike the ball at the bottom with the laces part of your foot Your other foot should be placed a comfortable distance to the side of the ball. Use arms for balance and lean over the ball so your head is over it. Kick through the ball and try to reach your target. If you hit the target move further away or closer if you did not.

Points to help improve kicking

- Always watch your foot connect with the ball
- More power goes further, but less accurate
- Less power is more accurate for doesn't go as far
- Repetition - keep practicing, especially with both feet

Now you have practiced this skill why not try out our Challenge!

Click here to be taken to the [Challenge Resource Card](#):

Spar Lancashire School Games

Year 1 & 2 Challenge!

Linked to Learn! 6 - Kicking

You have been busy practicing your catching. Are you ready to take part in our challenge?

Koala Kick

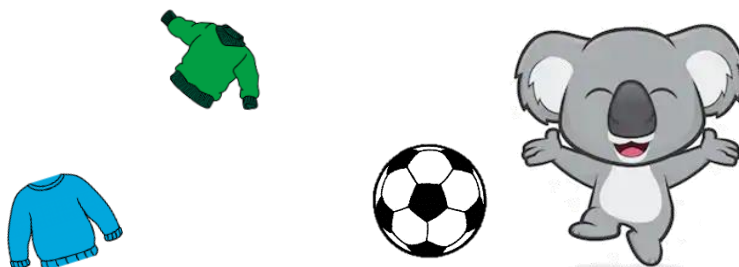
How many goals can you score from different distances?

You will need:

Football or larger ball

2 Jumpers

5 items for markers



How to:

- Take your 2 jumpers and place them up to 5 strides apart, these are your goals
- Take your 5 markers and place them in different places in your space, different distances from the goal.
- Kick your ball from each of the markers, trying to aim between the jumpers.
- If the ball rolls between the jumpers, you score one point. If you roll over or hit a jumper you get 5 points for that go.
- Collect your ball each time and have a go from another marker.
- Finish your five kicks and add up your score.
- Have another go, can you beat it? Change where the markers are, use your other foot.

Video Demonstration