

KICKING

Ciceáil



	EXPLORATION	DEVELOPING	MASTERING
Movement	<ul style="list-style-type: none"> • Movement is stiff throughout 	<ul style="list-style-type: none"> • Movement is more smooth but still upright 	<ul style="list-style-type: none"> • Pupils will be able to approach the ball at speed • Movement is smooth
Trunk	<ul style="list-style-type: none"> • The trunk remains upright and arm on the non-kicking side not used 		<ul style="list-style-type: none"> • Bend at the trunk and obvious swinging of the non-kicking leg • The backswing
Legs	<ul style="list-style-type: none"> • Backswing of the kicking leg is limited 	<ul style="list-style-type: none"> • Backswing is obvious but still not more than 90 degrees 	<ul style="list-style-type: none"> • The backswing goes beyond 90 degrees
Contact	<ul style="list-style-type: none"> • Contact with the ball is inconsistent 	<ul style="list-style-type: none"> • Contact with the ball is consistent 	<ul style="list-style-type: none"> • Contact with the ball is consistent
Follow Through	<ul style="list-style-type: none"> • There is very little follow through 	<ul style="list-style-type: none"> • A follow through is evident but the knee of the kicking leg remains bent 	<ul style="list-style-type: none"> • The follow through in the direction of the target is clearly evident

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Target Pupil								Comments
Eyes focussed on the ball at all times		Head						
Approach the ball from behind and slightly to the side		Trunk						
Ensure that the trunk leans forward and the arm opposite the kicking leg swings forward during contact								
Place the non-kicking foot to the side of the ball		Legs						
Swing the kicking leg back to make an angle of at least 90 degrees								
Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot								
Follow through in the direction of the target								

Hints	What instructions should I give? Kick the ball as far as you can.	From where should I observe this skill? The side of the kicking leg.	What equipment do I need? A ball.

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PUPIL ASSESSMENT: PEER OBSERVATION

My name is:

Class:

My partner's name is:

Date:

Today we are looking at the skill of: **Kicking**



Looks good



Needs more practice

My partner needs to:

It:

- 1 Approach the ball from behind and slightly to the side



- 2 Place their non-kicking foot to the side of the ball



- 3 Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot



- 4 Swing the arm opposite the kicking leg forward and sideways



- 5 Follow through afterwards in the direction of the target



Pupil's Comments:

Teacher's Comments:

PUPIL ASSESSMENT: SELF-ASSESSMENT

My name is:

Class:

My challenge is:

Date:



What steps do I need to take to get there?

What I want to do next:

3

2

1

What I can do now:

Teacher's Comments:

SELF-ASSESSMENT FOR INFANT CLASSES

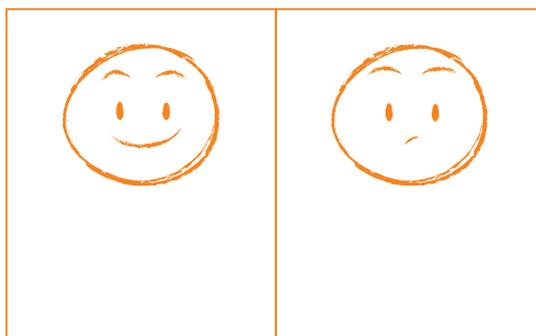
My name is:

Date:

Here is a picture of me kicking.

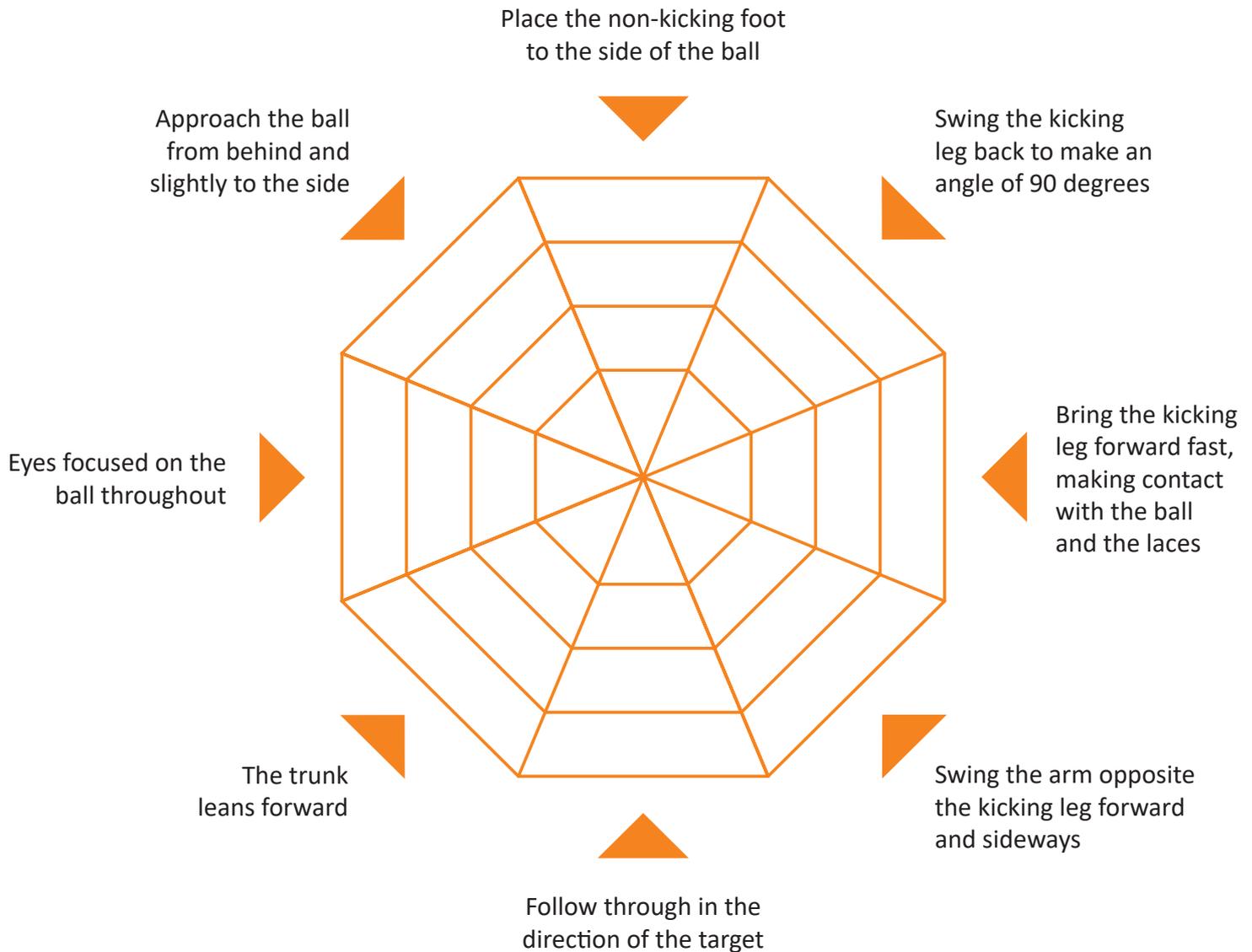


How did this activity make you feel?



Teacher's Comments:

PUPIL ASSESSMENT: SELF-ASSESSMENT WEB



1. I don't think I can do this

2. I can do this but I find it hard

3. I can do this most of the time

4. I can do this all of the time

Pupil's Comments:
While attempting this skill, I felt:

Teacher's Comments:

Rate your effort level:
Light Moderate Vigorous