

## Description of Activity

Use a rope to set up a kicking line where pupils must position themselves behind. Use cones to set up six target squares of different sizes, positioned at various distances from the kicking line. Arrange pupils in teams of four and give each pupil a number from one to four. The first pupil from team A chooses a square to attempt to kick a ball into. The first pupil from each of the opposing teams then attempts to kick into the same square. If successful a team gets a point. Rotate the team that takes the first kick. The process continues until everyone has kicked.



## Variations

- Introduce bonus targets in each of the zones such as cones, spots and hoops to improve accuracy.
- Use smaller sized teams working in the same area to ensure more opportunities to kick.

## Equipment

An open play area, large round or oval balls, cones or markers, rope



- Pupils retrieve their ball when instructed by the teacher.
- If equipment is limited, invite teams to operate on both ends of the yard ensuring there will be a flow of balls to both sides at all times.
- Pause the activity at intervals to focus on the teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- In your PE journal, draw a picture of your foot making contact with the ball when kicking. Where should you make contact with the ball? List three things to remember.



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