

Description of Activity

Arrange pupils in two groups. Line the two groups up facing each other fifteen metres apart with a line of skittles/water bottles down the middle as targets. The aim of the activity is to knock over a target in the middle of the court by kicking a football at it. Ensure that there are enough footballs to keep the activity flowing and that there is an odd number of targets to decide a winner. Pupils must remain behind their kicking line at all times and the activity continues until all targets are knocked.



Variations

- Arrange pupils into more than two groups in grids spaced out around the playing area.
- Increase or decrease the distance between the two lines.
- Vary the size of targets used.
- Pupils must kick the ball first time to practise engaging with a moving object.

Equipment

An open playing area, footballs, cones and skittles, large cones, water bottles



- Ensure pupils kick the ball low along the ground.
- Ensure all pupils get a turn.
- If a pupil successfully knocks over a target, they claim that target and bring it to their side.



- Set out some targets at home and practise knocking them over from various distances.



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