

Take Home Kicking B3

1. Practise kicking with your non-dominant leg at home.
2. 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 for maximum distance? List three things to remember.
3. In the yard at playtime, adapt a game that you know by replacing throwing with kicking.
4. Practise your kicking technique at home by marking some targets on a wall and trying to hit them from various distances.
5. Practise kicking from both feet at home with a friend or family member.
6. Set up Football Rounders at home and play with the pupils in your area.
7. Practise kicking a ball against a wall at home. Challenge yourself to complete a star jump between each kick, without losing control of the ball.
8. In your PE journal, draw a picture of this activity. Write a list of all the teaching points for kicking.