

GetActive@Home

Episode 1 - Laces kick

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Perform the following foot skill activities with a ball.

- Pull push - Start with the ball slightly in front of the body. Use the sole of one foot to roll the ball back towards the body, point the toes then use the laces area of the foot to lightly tap the ball forwards. Catch the ball with the sole of the same foot then repeat.
- Laces kick - Set a safe target area. Following the teaching cues, perform a laces kick towards the target area. Repeat for a set amount of time.

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- Laces kick - Set out five items as targets. Following the teaching cues, perform a laces kick repeatedly at the targets for a set amount of time.
- Creative challenge - Repeat the challenge activity and perform a range of safe movements to celebrate each time a target is hit.

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With a partner try:

- challenging each other with more difficult targets to hit
- using both feet to kick the ball
- taking turns to kick the ball at the targets while also performing huff & puff activities such as high knees running, frog jumps and jumping jacks.



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These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PDel-4 performs movement skills in a variety of sequences and situations.

PDel-11 incorporates elements of space, time, objects effort and people in creating and performing simple movement sequences.

Sample questions:

Where do you look when kicking? (Technical)

How do you move to make kicking easier? (Tactical)

What do we say to make kicking easier? (Reinforce)

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Eyes on ball.

Big step.

Point toes.

Kick with the laces.

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Soccer ball or similar.

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Stage 1

Challenges

Perform the following foot skill activities with a ball.

- Pull push - Start with the ball slightly in front of the body. Use the sole of one foot to roll the ball back towards the body, point the toes then use the laces area of the foot to lightly tap the ball forwards. Catch the ball with the sole of the same foot then repeat.
- Laces kick - Set a safe target area. Following the teaching cues, perform a laces kick towards the target area. Repeat for a set amount of time.

Mega Challenges

- Laces kick - Set out five items as targets. Following the teaching cues, perform a laces kick repeatedly at the targets for a set amount of time.
- Creative challenge - Repeat the challenge activity and perform a range of safe movements to celebrate each time a target is hit.

Other variations

With a partner try:

- challenging each other with more difficult targets to hit
- using both feet to kick the ball
- taking turns to kick the ball at the targets while also performing huff & puff activities such as high knees running, frog jumps and jumping jacks.



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD1-4 performs movement skills in a variety of sequences and situations.

PD1-11 incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

Sample questions

Where do you look when kicking? (Technical)

How do you move to make kicking easier? (Tactical)

What do we say to make kicking easier? (Reinforce)

Teaching cues

Eyes on ball.

Big step.

Point toes.

Kick with the laces.

Equipment

Soccer ball or similar.