

GetActive@Home

Week 2 - Episode 4

Stage 2

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 the foot to roll the ball back towards the body, point the toes or use the inside of the foot to lightly tap the ball forwards. Catch the ball with the sole of the same or other 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.
- Instep kick - Lean slightly away from the ball then follow the teaching cues and strike the ball with the inside of the laces area.

Mega Challenges

- Laces or instep 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 - Use a range of foot skills to work the ball around before kicking it at each target.

Other variations

With a partner try:

- setting 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, tuck jumps and lunges.



Suggested PDHPE Outcomes

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

PD2-4 performs and refines movement skills in a variety of sequences and situations.

PD2-11 combines movement skills and concepts to effectively create and perform movement sequences.

Sample questions

How can you use the inside, outside and sole of the foot to create different foot skill combinations?

How can you increase foot speed to improve skill level?

Teaching cues

Eyes on ball.

Big step.

Point toes.

Kick with the laces.

Equipment

Skipping rope or similar.

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Week 2 - Episode 4

Stage 3

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 the foot to roll the ball back towards the body, point the toes or use the inside of the foot to lightly tap the ball forwards. Catch the ball with the sole of the same or other 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.
- Instep kick - Lean slightly away from the ball then follow the teaching cues and strike the ball with the inside of the laces area.

Mega Challenges

- Laces or instep 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 - Use a range of foot skills to work the ball around before kicking it at each target.

Other variations

With a partner try:

- setting 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, tuck jumps and lunges.



Suggested PDHPE Outcomes

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

PD3-4 adapts movement skills in a variety of physical activity contexts.

PD3-11 selects, manipulates and modifies movement and concepts to effectively create and perform movement sequences.

Sample questions

How can you use the inside, outside and sole of both feet to create different foot skill combinations?

How can you create visual awareness to improve skill level?

Teaching cues

Eyes on ball.

Big step.

Point toes.

Kick with the laces.

Equipment

Soccer ball or similar.