

KS1 Virtual Football



1- Toe Taps

How many can you do? Can you do it consecutively on the bounce?



2- Penguin Feet

How many can you do? Pass the ball from foot to foot, trying to stay in the same position



3- Keep it Up

How many can you do before the ball hits the floor. Have one bounce in between. Catch the ball after every one



4- Dribbling

Dribble round 4 items. 1 point every time you complete this. Have 2 steps in between each item. How many ways of dribbling is there?



5- On Target

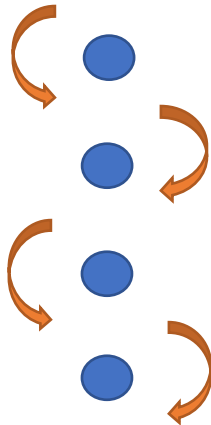
How many household items can you hit in the time allowed. Place the items different distances away from where you kick the ball.



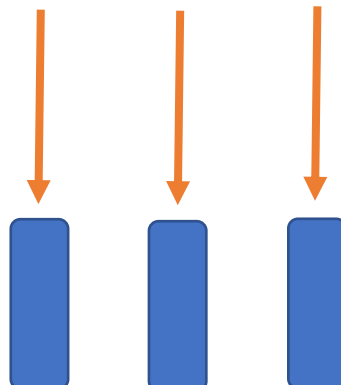
6- Freestyle

What tricks can you do with the ball? Use your imagination and see what you can produce.

START



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Work for 30 seconds on each station and record your score. You can repeat the stations to try and achieve your personal best.