

## WR SPORTS LTD PE Motor Skills and Football Fun

- **Drop, Kick, Catch** - Drop a ball (or a balloon depending on space available), let it bounce once, kick it and try to catch it. **Make it Harder-** Kick the ball, without letting it bounce on the floor.
- **Toe Tap** - With the ball in front of you, you'll use the bottom of your foot to touch the top of the ball. **Challenge** - How many can you do in 30"?? Can you beat your previous score??
- **Body Ball** - While dribbling the ball, your parent will say a body part, and you'll try to touch the ball with that body part. **Let's be creative with those body parts. Challenge** - How many different body parts can you do in 1 minute??
- **Raging River** - Must pass the ball to the other side of the river. (you can place two skipping ropes or dressing gown ropes either side to make a river!)  
The pass has to be firm otherwise the river will wash your ball away. Partners must control the ball and not knock it back to the river.
- **Challenge** - How many passes in a row can you do?? If it's more than 20 try to make from a bigger distance.

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