

## WR Sport PE PAPER FOOTBALL CHALLENGE

	1 <sup>st</sup> Try	2 <sup>nd</sup> Try	3 <sup>rd</sup> Try
Keep Ups			
Bin Short			
Toilet Roll Challenge			
Volley Challenge			
Bottle hit			
Neck Catch			
Foot Balance			
Keep up with someone			
Into the Bin			
Pass the Ball			

For all of these you'll use a piece of paper as a ball!

1. **Keep Ups** – Using a piece of paper (make it into a ball) aim is to do as many keep ups as you can in 1 minute!
2. **Bin Shot** - Set up a bin (or something that a piece of paper into) take 5 big steps away and see how many shots it takes for you to get it in! Do it as a volley so drop the paper from your hand and kick it in.
3. **Toilet Roll Challenge** – This time instead of using paper to do keep ups with you will use a toilet Roll! 1 minute off you go!
4. **Volley Challenge** – Set up a target somewhere in your house and move to another room, you have to volley the ball to try and hit it in as few hits as you can!
5. **Bottle Hit** – Set up a bottle and take 5 big steps away again. Aim is to try and hit the bottle in as few hits as possible!
6. **Neck Catch** – Throw the ball up into the air and the aim is to try and catch it again on the back of your neck. To make it harder you can flick the ball up with your feet.
7. **Foot Balance** – Try to balance a ball on your foot for as long as you can!
8. **Keep up with someone** – Working with someone, you and the person you're working with stand 5 steps away from each other, aim is to try and keep the ball from touching the ground only using your feet!
9. **Into the bin** – Lay the bin down on the floor (make sure there's nothing in it!) take 7 big steps away, aim is to try and pass the ball into the bin!
10. **Pass the Ball** – Aim of the game is to work on our passing skills, working with someone start 1 step away from each other, every time you make a pass you both take 1 step back!