

#stayhomestayactive

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EXPLORE

You will need a ball if you have one. What could you improvise with if you haven't?



Bright ideas:

Can you make the ball move using different parts of your feet?

Try making the ball move with the:

- Inside of your foot
- Outside of your foot
- Top of your foot
- Heel of your foot

Try using one foot, then the other foot.

Can you use the different parts of your foot to stop the ball if someone rolls it towards you?

How about the other parts of your leg? Can you bounce the ball off your thigh? Can you keep the ball up in the air using your feet and legs?



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Where can I find out more about Football?

<https://www.sctfc.com/>

<http://www.bhamfutsal.com/>

<https://www.facebook.com/santiagocolts>

PRACTICE

Kicking the Ball

Practise kicking the ball with more accuracy now.

Which foot is better to use?

Can you kick the ball a short distance?

Can you kick the ball a long distance?

How far can you kick the ball?

Can you kick the ball to someone standing opposite you so that it goes near to them and they can stop it?



Expressive Arts and Design

Ask someone to copy this drawing of a football shirt onto some paper.

Think about the colours that you would use to design a football shirt.

Create your design – could you use coloured pencils, felt tip pens, paints or a collage using different materials?



Make sure you have enough room to safely complete the tasks.

DEVELOP



Choose 3 of your favourite toys.

Line them up a short distance in front of you.

Kick the ball towards your toys.

Can you kick it so that it reaches each toy?

Now can you try kicking it a little harder so that it knocks your toy over?

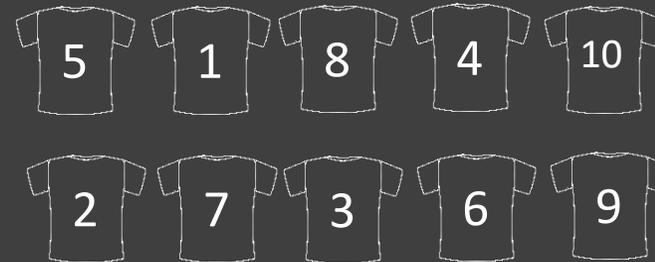
Put your toys on the ground in front of you at different distances away. Kick the ball towards each toy. Give yourself 1 point for hitting the closest toy, 2 points for the middle toy and 3 points for the toy furthest away.

Kick the ball 10 times. How many points can you score?

Challenge someone in your family to play this game with you. Who can score the most points?

Mathematics - Number

These football shirts are all muddled up. Can you put them into the right order?



Parent's Tip!

Encourage your child to spend lots of time exploring using different parts of their feet to kick the ball.

Encourage them to look at the ball as they kick it, stand behind the ball and slightly to the side and swing their leg back and through to make contact with the middle of the ball.

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EXPLORE



You will need a football if you have one, if not any type of ball will be fine.

Bright ideas:

Can you dribble the ball using the inside and outside of your foot? Do lots of practising, start slowly and see if you can speed up as you get more confident.

Top Tips:

Whilst you are dribbling the ball, try to look around you, not at your feet. Try to keep the ball close to your feet at all times.

Now ask someone in your family if they can help you. Start dribbling your ball around an area and ask them to shout out a part of the body such as knee, head, right foot, ear, bottom! As soon as they shout a body part you must quickly stop the ball and put that part of the body on the ball.

As you get more confident think about which parts of the body you should stop the ball with.

Try dribbling and stopping the ball with your;

- Right Foot
- Left Foot
- Bottom of the foot
- Inside of the foot
- Outside of the foot



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PRACTICE



Ask your family member to help you with this practice. You are going to play CROCODILES!

The aim of the game is to get across 'the river' by dribbling your ball and keeping hold of it without being tackled by the crocodile.

The crocodile has to stand in the centre of the river, they are only allowed to move side to side.

If you lose control of the ball, stop and control it before dribbling again.

Perhaps you can try being the crocodile too!



English Challenge!

The Liverpool FC first team squad has players from 19 different countries including Brazil, Scotland, Egypt, England and Belgium.

Pick your favourite player from the club or country you support and design a fact file all about them. Put the player name and the country and club they play for at the top of your fact file.

Around your fact file draw;

- A picture of the player
- A picture of the club badge they play for
- The flag of the country the player is from

Write four key facts about your player, make sure you use capital letters, full stops and strong descriptive words.

You might add interesting facts like their age, favourite food and hobbies!



Make sure you have enough room to complete the tasks.

DEVELOP



In this activity you are going to use the new skills you have learnt to play a game with a family member.

Create a square area, as big as you can, mark the area with cones, toys or plastic cups! If you have two balls, you can use one each but don't worry you can also play with one, just have a chaser!

Ask your family member to start on the opposite corner of the grid.

When you shout "GO" you must both dribble around the outside of the grid and try to catch your partner

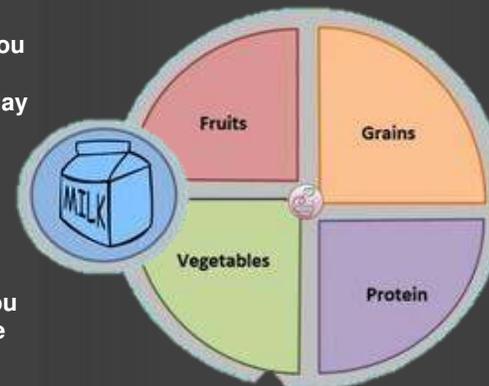
If you shout "STOP" you must both stop your ball with your feet.

If you shout "TURN" you must both change direction and go the other way around the grid.

REMEMBER; Keep the ball close, look up and use the inside and outside of your foot.

PSHE Challenge!

Footballers have carefully planned diets to ensure that they are as fit and healthy as possible.



This healthy food plate shows the food groups you need for a healthy diet. Can you copy the picture and draw and label as many foods as you can think of which fit in to these groups? Put a star by the ones you like best!



Parent's Tip!

When dribbling a football, the best way to get better is lots and lots of practice!

Encourage your child to use the inside and outside of both feet, keeping the ball close to them when practising.

Taking small, quick steps will help to develop technique and keeping the head up will encourage good body position.

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EXPLORE

Shooting is an important skill in football.

For this practice, you will need a ball.



Stand opposite a wall with the ball at your feet.

How many different parts of the foot can you use to strike the ball against the wall?

Bright Ideas

- Can you use the inside of your foot?
- Can you use the outside of your foot?
- Can you use your laces to strike the ball?
- Can you use your left foot then your right foot?

Which method produces most power behind the ball?

Which method produces the most accuracy?



Now try striking the ball with your laces – make sure you are balanced before you start!



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PRACTICE

For this practice, you will need two markers or cones.

Place the markers a distance apart and stand a confident distance away from you cones. Strike the ball, using your laces and try to get it to go in between the two cones. Every time you hit the target, you get one point. How many goals can you score in 1 minute?



For more of a challenge, get a family member to roll the ball to you. Strike the ball first time and see how many goals you can score!



Can you invent your own goal celebration?

History Challenge!



Liverpool and Egypt footballer, Mo Salah won the PFA Player of the Year in 2018.

Ancient Egypt is famous for its pyramids and pharaohs.

Tutankhamun was 8 years old when he became Pharaoh of Egypt in 1334.

- Can you find out 5 more facts about him?
 - When was Tutankhamun's tomb discovered and who found it?
 - Can you name 3 other Pharaohs?
- What interesting facts can you find out about these Pharaohs?



Foreign Languages Challenge!



N'Golo Kante, Mesut Özil, David Silva and Daniel James are Premier League Footballers.

- Can you find out which country they were born in?
- Can you find 10 words that would be spoken in these countries?
- Can you try to form a sentence with these languages?

DEVELOP



Ask someone in your family to help you with this practice.

Use your goal that you set out in the last task. Get your family member to deliver the ball to you in different ways; rolling the ball from the left, rolling the ball from the right, bouncing the ball to you, throwing the ball over your shoulder. Can you score a goal with the ball coming to you in different ways?



Wembley is England's national football stadium.

Can you name 5 stadiums where Premier League football clubs play?

Design your own football stadium!

- What would it look like?
- What colours would your team have?
- What would the club's badge look like?



Parent's Tip!

Move the cones further apart when shooting to support success – the closer the cones, the more challenging the task is. Deliver the ball in different ways to your child to increase the difficulty of the shot – if the ball is bouncing, this is more challenging!



Make sure you have enough room to complete the tasks.

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EXPLORE

Turning in football is essential to move away from an opponent.

In order to perform an effective turn, you need to make sure that the ball is close to your feet.

How many different ways can you think of to turn with the ball so that you move in a different direction? Find any ball to use with these activities.

Bright ideas:

- Can you turn using the inside of your foot?
- Can you turn using the outside of your foot?
- Can you use the bottom of your foot to turn in another direction?
- Can you turn at different speeds?
- Can you do your turns with your left foot and then right foot?

**Cruyff Turn**

Yohan Cruyff famously invented this turn – fake to pass the ball and drag the ball behind your standing leg!

<https://www.youtube.com/watch?v=U1k7DGqRF5g>

Ronaldo Chop

Run at speed, jump onto one foot and chop the ball with the opposite foot behind the standing leg.



<https://www.youtube.com/watch?v=lwCn74jgocA>

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PRACTICE

You will need one ball for your challenge.

Make sure you have a clear space.

Get a family member to time 30 seconds for you. How many turns can you do in your space in this time?



Repeat the challenge – this time, how many different turns can you do in 30 seconds?

Can you invent your own turn?

Physics Challenge!

Fabio Cannavaro was the last male Italian footballer to win the Ballon d'Or in 2006. This is an award for the best footballer of the season. He won the World Cup in the same year.

Galileo was an Italian scientist who first measured the speed of light waves in the early 1600's. What are the differences between light waves and sound waves?

- What type of waves are they?
- Can they travel through solids, liquids and gases?
- Can they travel through a vacuum?
- Can they be reflected?
- Can they be refracted?

Can you explain the law of reflection?



Make sure you have enough room to complete the tasks.

DEVELOP

Find 2 cones or a goal if you have one and a family member to help.

One player will be the attacker, the other the defender.

The attacker tries to get away from the defender and score a goal within 20 seconds. If successful, they score one point. If the attacker uses a turn to get away from the defender and scores a goal, the attacker gets 2 points. Swap over if the defender intercepts the ball. The first player to 7 points wins!



Argentina have won the Men's World Cup twice in 1978 and 1986 when they were captained by Diego Maradona. He invented the 'Maradona Turn'. Can you practise this turn and use it in the game above?

https://www.youtube.com/watch?v=k_iUNMrtPgk

PSHE and Citizenship Challenge

David Beckham and Lionel Messi are both UNICEF Goodwill Ambassadors. Both give millions of pounds to charity every year.

- What does UNICEF stand for?
- What are the aims of UNICEF?
- What projects have David Beckham and Lionel Messi been involved with?
- Why is it important to give to charity?
- What local charities could you support?

**Parent's Tip!**

Make sure that you practise your turns slowly at first until you have perfected them! Put more pressure on the turns by adding defenders into the practices.

KS3

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EXPLORE

A volley is a skill used in football when contact is made on the ball without it hitting the ground.



For this practice, you will need a ball.

Hold the ball in both your hands. Let it drop once, then kick the ball back up into your hands.

Bright ideas:

- Can you use the inside (instep) of your foot?
- Can you use the outside of your foot?
- Can you use the laces on your foot?

Repeat the exercise, but this time, do not allow the ball to bounce. Can you use different parts of your foot to keep the ball in the air?

Find a wall – can you volley the ball against the wall and prevent it from hitting the floor? Can you hit the same mark on the wall with every volley?

Can you use different body parts to control the ball as it comes off the wall? Try using:

- Your thigh
- Your chest
- Your head

**PRACTICE**

For this challenge, you will need a family member to help you.



They should stand a safe distance away in front of you.

Using an underarm throw, get your family member to throw the ball towards you. Volley the ball back to them using any part of the foot. How many volleys can you do in 30 seconds?

For a challenge, control the ball on different parts of the body before volleying it back to your family member.

**English Challenge**

The England Women's football team won the She Believes Cup in 2019. Lucy Bronze is in their squad and is the current UEFA player of the year.

William Shakespeare was an English poet and playwright. He wrote 39 plays and over 150 sonnets in his life.

One of his most famous plays was Romeo and Juliet.

- What are the main themes in this play?
- How does Shakespeare demonstrate these themes?
- Can you provide some quotes as evidence of these themes?
- Why is Romeo and Juliet classed as a tragedy?

**History Challenge**

Ada Hegerberg from Norway was the first winner of the female Ballon d'Or in 2018.

The Vikings originated in Norway, as well as the other Scandinavian countries of Sweden and Denmark.

- When did the Vikings first invade England?
- What was the Vikings' aim when they invaded?
- What territories did the Vikings manage to seize?
- What effect did this invasion have on migration to England? What benefit did this have?

**Parent's Tip!**

Use as many bounces as you need in the explore section to perfect your technique!

Make the volleying practice easier by having the thrower closer to you. For more of a challenge, volley the ball on the move.

DEVELOP

Get a member of your family to help you with this activity.

Ask your family member to stand in front and throw the ball 1 metre either side you. Move to the ball and volley it back moving from side to side.

Put two markers down, a safe distance apart. Ask your family member to throw the ball to you at different heights and from different angles. Can you volley the ball through the markers? How many goals can you score in 1 minute?

The next women's European Championships will be held in England in 2022.

Can you find out about 5 current England female players and write down 3 interesting facts about each player?



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KS4