



These plans are made for all primary school aged children to do at home to keep active there are different ways they can be adapted to make easier/harder for each age group (colour coded **BLUE = Rec & KS1**, **GREEN = YEAR 3 & 4**, **ORANGE = YEAR 5 & 6**)

Unit Title: Football

Time	Content	Activity description working individually	Adaptation for 2 or more players	Equipment needed	Additional Skills
10 – 15 mins	Kicking around	Using some kind of ball dribble the ball around the space you have keeping it close. Go slowly at walking pace Try and go a little quicker Go even quicker (can put obstacles in the way if possible). Teaching points (keep ball close, small touches, stop ball if near edge of are, look where going)	Have 2 nd player trying to tackle and take the ball. 2 nd player can instruct where to go.	Ball	
10 – 15 mins	Tricks	Practice a variety of tricks (use imagination) Try turning different directions or lifting the ball up off the ground Try kick ups and step overs Try harder tricks such as kick ups, rainbow flicks Teaching point (concentrate, focus on ball, keep control)	Use each other to create imaginative tricks.	Ball	



10 – 15 mins	Passing	<p>Practice passing a ball against a wall, count how many you can do in a period of time.</p> <p>Aim for 10 in a minute, stop ball when returns to you</p> <p>Aim for 20 in a minute</p> <p>Aim for 30 in a minute, try and pass it back without stopping it.</p> <p>Teaching points (keep control, not too hard, use inside of foot, stop ball if struggling for control)</p>	<p>Instead of using a wall pass between each other.</p> <p>Can have a target in the middle of you to aim for and have a competition.</p>	Ball Object for target Wall	Maths
10 – 15 mins	Football tennis	<p>Will struggle to play on your own.</p> <p>You can however use the wall as you opponent.</p> <p>If the ball goes past you or you miss the wall it's a point to your opponent</p>	<p>Like a game of tennis, use anything to create a makeshift net.</p> <p>Ball can bounce once on your side before you have to kick it back.</p>	Ball Makeshift net	