



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 Goalkeeping

Time	Content	Activity description working individually	Adaptation for 2+ players	Equipment needed	Additional Skills
10 – 15 mins	Roll and stop	<p>In this activity you have to roll a ball at a wall and then try and stop it when it comes back to you.</p> <p>Try and stop the ball 5 times or more.</p> <p>Try and stop the ball 10 times or more.</p> <p>Try and stop the ball 15 times or more.</p> <p>Teaching Points (Solid starting position, on your toes, body behind ball in case you missed the ball with your hands, watch the ball).</p>	If there are more than 1 person playing the can see who can stop the ball the most times without it going past them?	Football Wall	Counting Reactions
10 – 15 mins	Kick, wall, catch	<p>For this activity you have to kick a ball against a wall and then catch the ball.</p> <p>Try and catch the ball 3 times or more.</p> <p>Try and catch the ball 6 times or more.</p> <p>Try and catch the ball 10 times or more.</p>	If there are more than 1 person playing the second person could kick the ball at you to catch.	Football Wall	Counting Reactions



		Teaching Points (Eyes on the ball, catch with 2 hands, body behind ball, on your toes).			
10 – 15 mins	Penalty saves	You can't play this activity on your own.	For this activity get someone in your house to take penalties in you and try to save them all using the skills you've practiced.	Ball Make a goal	