

# Foundation PE (Reception) - Kicking a Ball

## Home Learning Challenge Sheet

At school we are learning to kick a ball well. Please help me at home. The following activities will help me to become good at kicking.

### Activities to Support Learning

#### How Hard Can You Kick It?

Place a balloon on the ground and use your best kicking skills to see how far you can kick it. Mark how far it goes. Ask someone else to do the same and see who can kick it the furthest. Does kicking it harder make the balloon travel further?

#### Back to Me

Kick a ball against a plain section of wall. Can you get the ball to return to you? Next, see how many times you can kick the ball against the wall without stopping it or it going off track. Keep practising to see if you can beat your score.

#### Keep It Up

Using a balloon, play 'Keep It Up'! How many times can you kick the ball into the air without it touching the floor? Try playing 'Keep It Up' with a partner – is this easier or harder?

#### It's a Goal

Create a goal in an outside space. Ask a friend or an adult to pretend to be a goalkeeper. Kick the ball, trying to get it past the goalkeeper to score a goal. How many goals can you score out of 10 shots?

#### How to Kick a Ball:

1. Put the ball a few steps in front of you.
2. Swing your leg back about 45 degrees.
3. Swing your foot forward and use the side of your foot to connect with the ball.
4. Finish with your leg pointing in the direction you want the ball to travel.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your kicking skills!

