

Introduction

About the Challenge

As part of the Herefordshire School Games Spring Festival, we have created a number of skill challenges for children to try at school.

This is one of our virtual challenges and we would love for as many children to have a go as possible!

The challenges are small, fun activities that you could use as warm up activities, as part of a PE lesson or even as activities in the playground. They aim to support children's physical literacy and can be used as personal challenge activities.

If your school uses these challenges, please can you email Kieram the number of children that have taken part by the 6th April.

As part of the Girls Football Festival!

If your school has signed up to the Girls Football Festival at the Spring Games, these activities are also a chance for girls to practice some of the skills that they will use on the day.

We know that some girls are put off activities because they don't know what to expect. By giving the girls a chance to practice at school beforehand, we are hoping that they feel more confident on the day.



Herefordshire School Games Girls Football Challenge

Activity 1

COPY CAT

Objective: This game promotes teamwork, coordination and observational skills.

Equipment: none needed

The Game: Standing opposite a partner, the children must mirror each others actions. They should pick a leader and start with something simple such as a wave or a jump. Make sure the children concentrate on mirroring exactly, using the right body parts and the right side.

Extension:

- Once the children have got the hang of it why not include some football movements.
 - Kick - small and big
 - Throw in
 - Side steps
 - High knees or Heel flicks
 - Jump for header
 - Dribbling
- You could also try some side-by-side activities



Herefordshire School Games Girls Football Challenge

Activity 2

Shuttle Runs

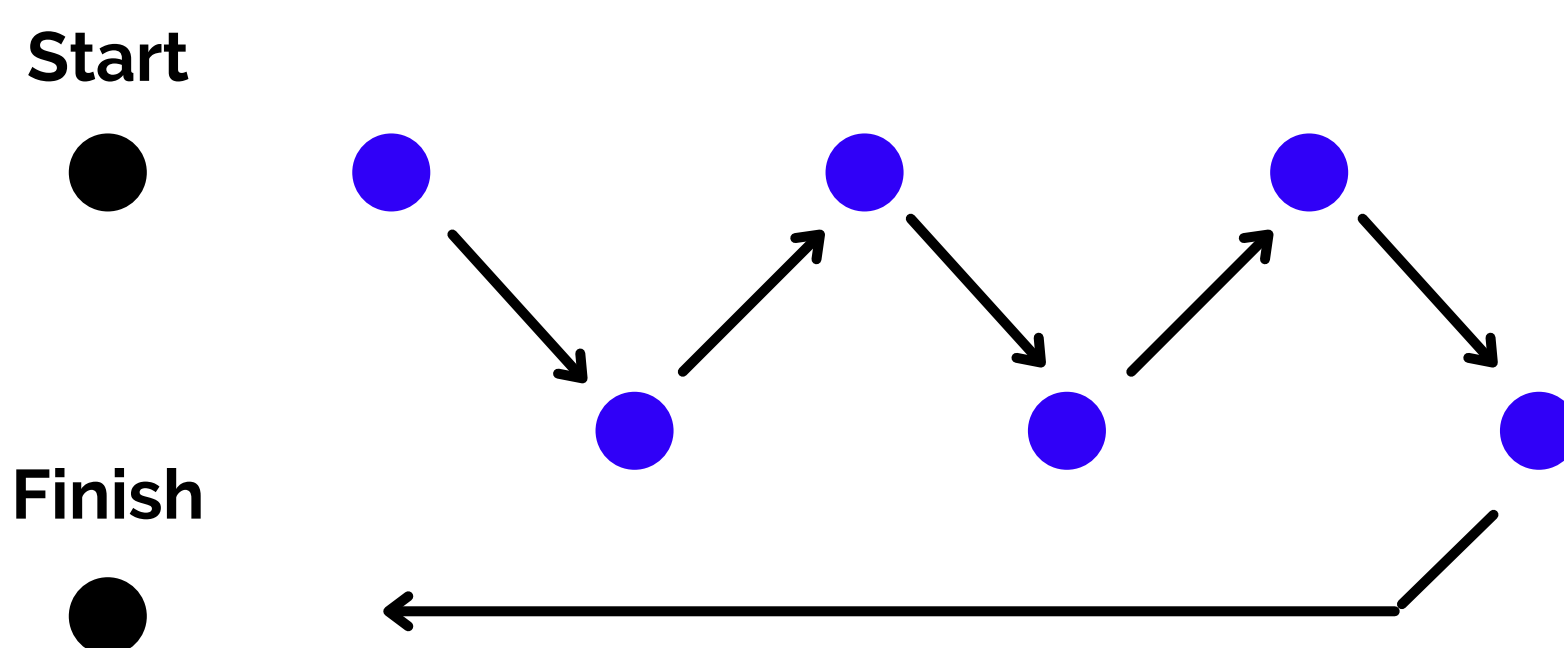
Objective: This game develops children's speed and agility

Equipment: cones

The Game: In teams or individually, children complete a shuttle relay race. Use 6 cones each spaced approx. 2M apart in a diagonal formation (as below). The aim is for the children to run as fast as they can in a zig zag formation around each of the cones followed by a straight line to the finish. Can they get quicker each time they do it?

Extension:

- Can the children do the same activity with a football?



Herefordshire School Games Girls Football Challenge

Activity 3

Target Practice

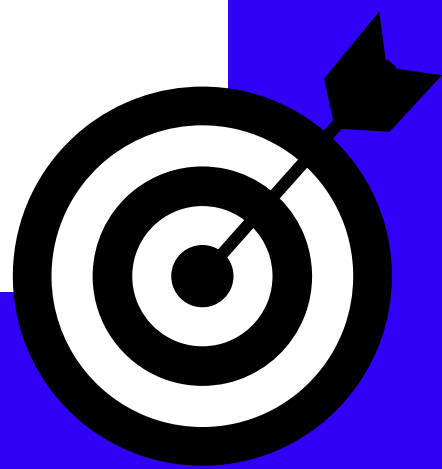
Objective: Improves ball control, accuracy and requires full focus.

Equipment: Football or similar ball

The Game: In pairs using a football can the children pass it to each other accurately? Start them 1M apart and then move further back gradually as they get better and more accurate. The person receiving the ball must focus on being able to control the ball with the inside or sole of their foot before passing it back.

Extension:

- Introduce a gate to try and pass through - this could get narrower as they get more accurate
- Pairs could move further away from each other to make it more challenging



Herefordshire School Games Girls Football Challenge

Activity 4

Dribbling

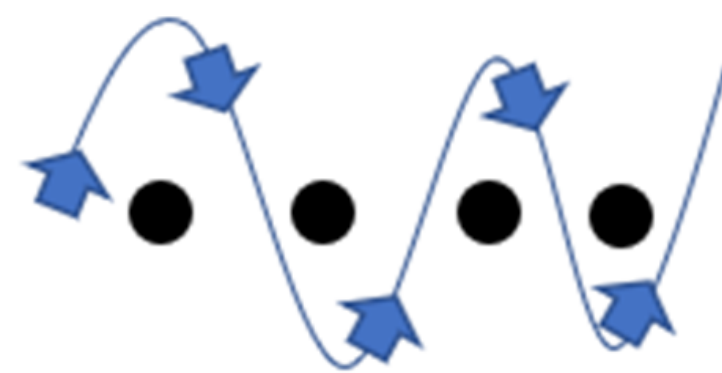
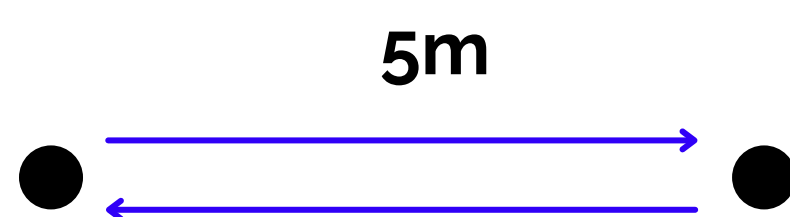
Objective: Working on controlling the ball while moving and coordination. A very useful skill in football as it enables you to get past opponents and travel around the pitch while still in control of the ball.

Equipment: cones, football

The Game: Are the children able to dribble in a straight line over a distance of 5M? (put in pairs so they can dribble to each other)
Once they have got the hang of this, introduce a line of cones so they must dribble like a snake between the cones.

Extension:

- Make the gaps between the cones smaller so the dribbling becomes tighter
- Use just one foot or a just a certain part of your foot (instep or outstep)



Herefordshire School Games Girls Football Challenge

Activity 5

Keep Ball

Objective: To remain in possession of the ball and keep it away from your opponent

Equipment: cones, football, bibs (if necessary to split up teams).

The Game: Mark out a square area and divide the children up into teams or pairs at minimum.

The aim is to keep the ball away from the opposition.

If in pairs can they keep the ball away from the other person.
How long they can do this for?

If in teams, how many passes can they make before the opposition intercept?

Extension:

- Make the space smaller or make the teams not equal numbers to create an overload.

