

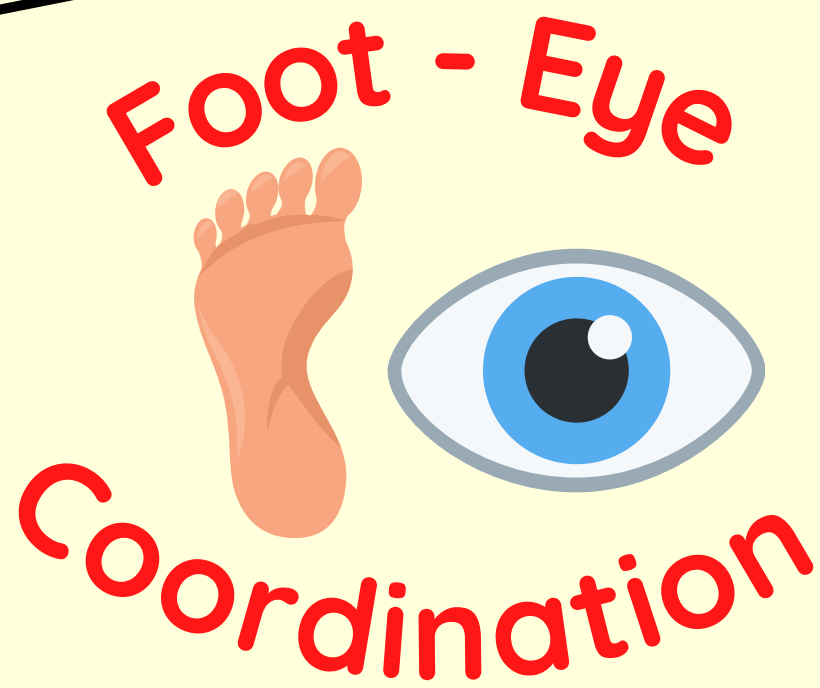


KS2

Week

Fitness - Coordination - (Foot/Eye)

This week in P.E. we will be focusing on our coordination. (Foot/Eye)
Try these activities at home during your scheduled P.E. lessons



Equipment needed :-

Ball - Football preferably but if not then any ball or even socks rolled into balls will do.



Coloured objects or paper - Green, Red, Yellow, Blue, Orange

Shoes/Trainers

Books

1 Can you catch with your feet? Try this challenge to find out!



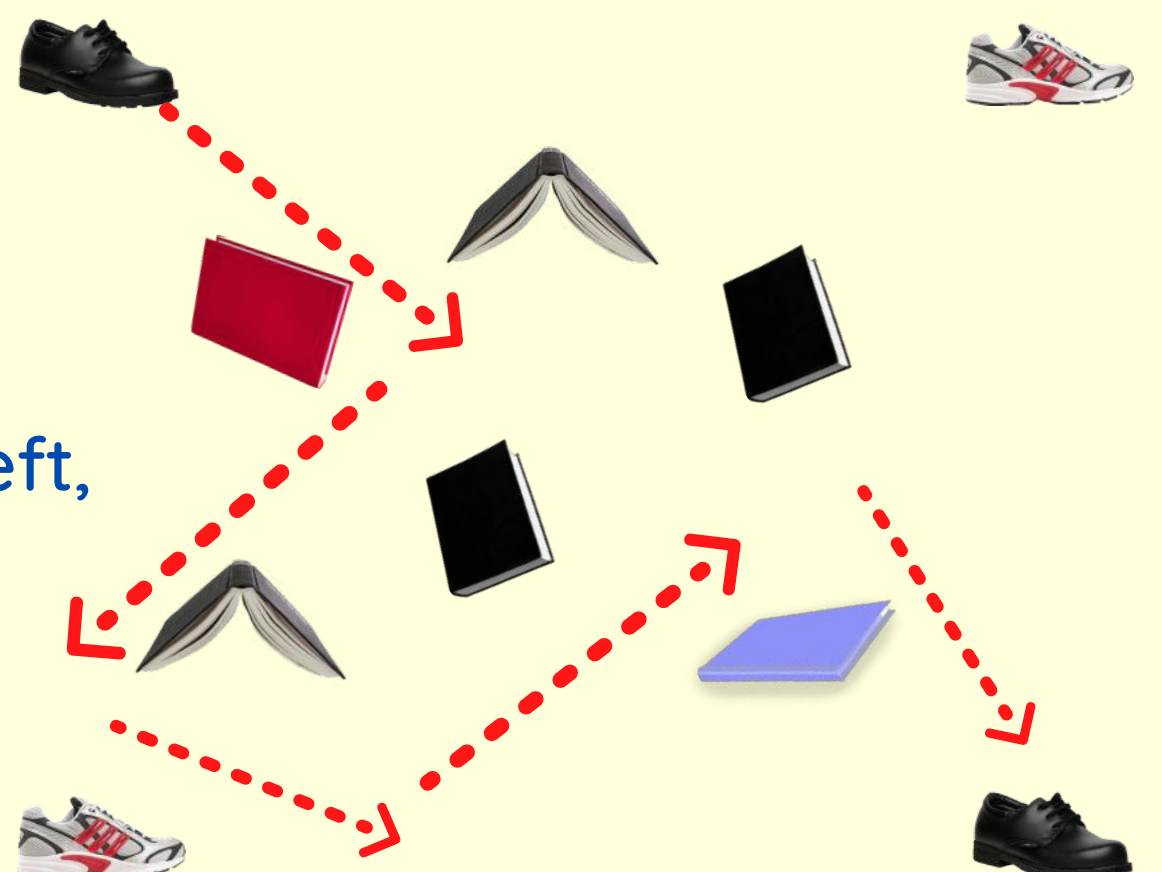
Can you 'catch' 5 in a row?
How many can you 'catch' in a minute?
Can you 'catch' a smaller 'ball'?

2 Use objects (e.g. shoes) to create a 'square' in which you place 'obstacles' (e.g. books). Move from one corner to the opposite corner, weaving in and out of the obstacles, whilst dribbling a 'ball'.



To make it harder -

- Move obstacles closer together.
- Use only your non-dominant foot.
- Alternate touches with your feet e.g. left, right, left)
- Place more obstacles in the square



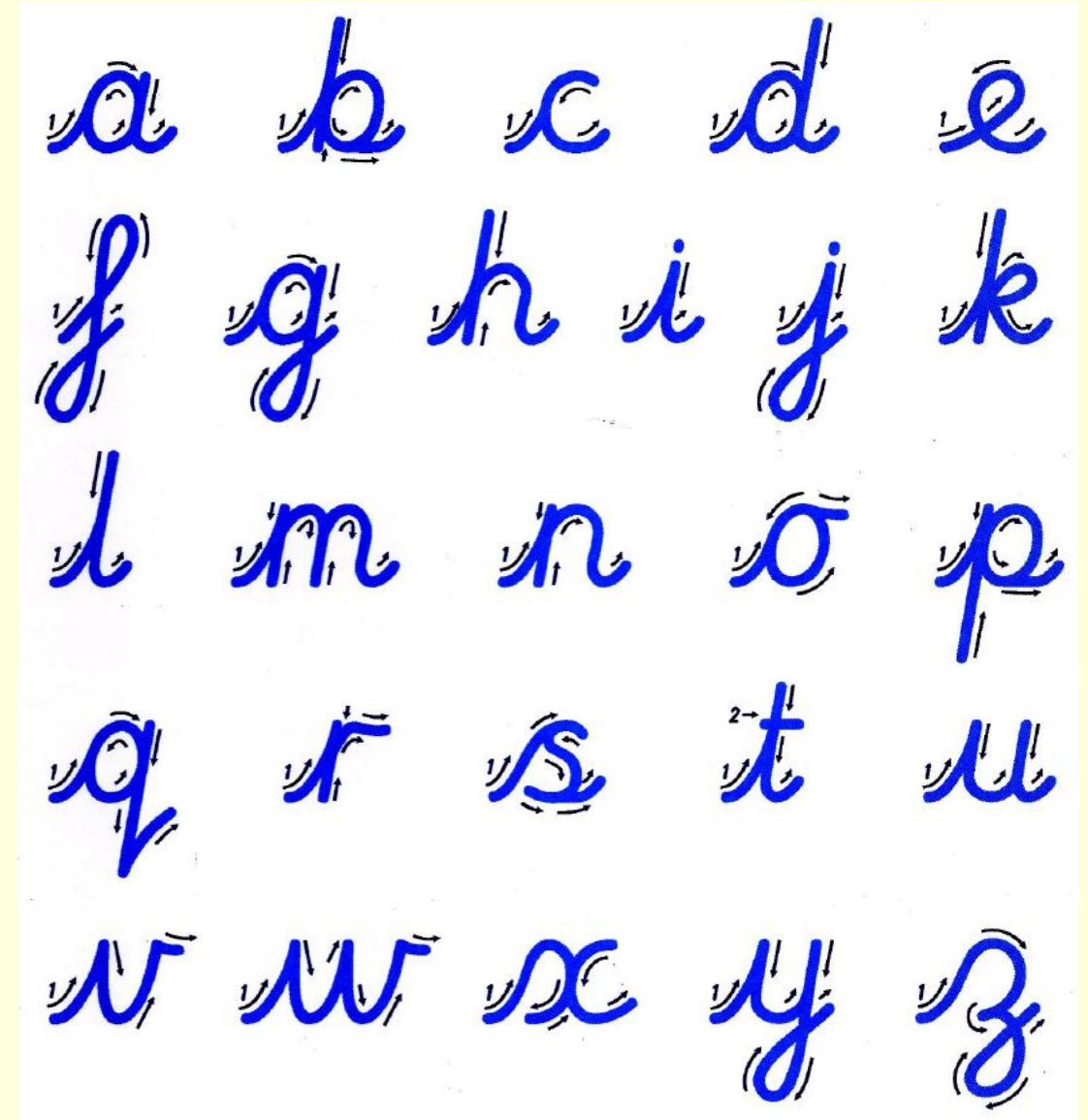
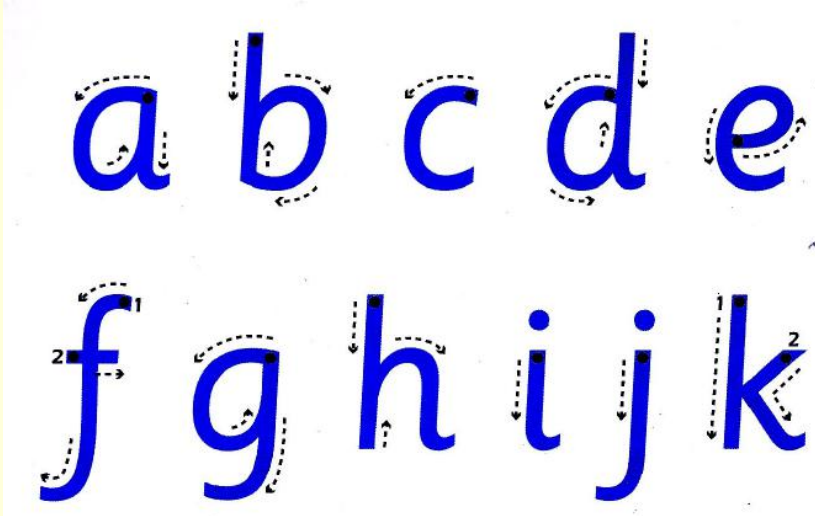
3

Alphabet Ball Control

Imagine the ball is your pen. Move the ball, with your feet, so that you can 'write' each letter of the alphabet with it.

Harder

Easier



To make it harder complete the alphabet using your left foot only. Repeat with right foot only.

'Write' your name, as quick as you can - time yourself and keep practising to see if you can achieve a personal best time.

4

'Guitar Hero' Foot-Eye Coordination Challenge

Before you start this challenge you need to get 5 coloured items. 1 of each of the following colours - Green, Red, Yellow, Blue and Orange, or 5 pieces of paper which you can colour in!



Click on the link below, to listen to the instructions and play the game.



To make it harder - 1) use your opposite foot.

2) move the coloured objects further apart

Create your own!

Design your own challenge to test your foot/eye coordination? Be creative! Send in any photos/videos or plans of your challenge!

