Invasion Games/Football

Warm-up –

1) Jog on the spot or travel from one marker to the other.

2) Jump and touch the floor or stretch and touch knees.

3) Jumping jacks or lift arms out to the side.

4) Try 5 sit ups or sitting move your body forwards and backwards.

5) Try 5 press ups or ½ press ups or press your hands on a partner’s hands.

6) Bicep curls – lift arms in front and bend.

Football activities:

1) Tap feet or hands alternately on ball or rolled up socks or put ball/empty bottles on box – travel and knock them off the box or swing leg to kick them.

2) Tap ball/rolled up socks from one foot to the other using the inside of your foot or from one hand to the other across tray or table or put ball on lap – move legs to dislodge ball.

3) Dribble ball or socks around marker or travel around marker holding a ball or rolled up socks.

4) Rolled up socks or balloon if you have one – drop socks or balloon and kick up with foot, try and catch it or hit balloon or socks off tray or table orPush ball off lap with hands.

5) Kick rolled up socks between two pillows to score a goal. If you have a ball, try this outside and kick the ball between two markers. Try this 5 times or Pick up rolled socks with hand and drop into box, try the other hand.

Cool-down – Stretching

1) Stretch tall

2) touch toes or knees

3) Side lunge or touch corner of tray – then the other.

4) Forwards lunge or touch hands together.