

DERBYSHIRE SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



For additional challenges and ideas on how to keep physically active visit the Active Derbyshire [website](#) or your School Games Organiser page.

Active Derbyshire and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

The School Games Organiser network and Active Derbyshire are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, tennis, orienteering, athletics, cricket, gymnastics, boccia, netball and badminton. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit Active Derbyshire [website](#) or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement. There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. The competition will be run at district and county level. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Please make sure that all activities are carried out in a safe manner.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to derbyshireschoolgames@activederbyshire.org.uk

INTRODUCTION TO

FOOTBALL



30mins

WRITE DOWN WHAT YOU KNOW ALREADY?

THE HISTORY OF THE GAME

Football is an invasion game that is believed to have begun in England as early as 1170. Football is played by both males and females around the world. Sheffield Football Club is the oldest football club in the world. Preston were the first ladies' team to play an international football game against Paris after World War One. Football continues to be one of the most popular sports played around the world.

When did football begin in England? _____

Who was the first ladies' football team? _____

SOME FAMOUS PLAYERS

Want to find out more?

Watch this [BBC video](#) from Get Inspired.



David Beckham (England)

Find out more....

How many times did David Beckham play for England and how many goals did he score?



Steph Houghton (England)

Find out more...

What teams has Steph Houghton played for?



Cristiano Ronaldo (Portugal)

Find out more...

How many hat-tricks has Ronaldo scored?

Toe Taps



Dribbling Slalom



Turning with the ball



SOME KEY WORDS IN FOOTBALL

Find out what these words mean

Pass _____

Shoot _____

Goal _____

Head _____

Volley _____

Kick ups _____





Toe Taps

Stand behind the ball, place one foot (toes) on the top of the ball then tap the ball with the alternate foot. Keep tapping the ball with alternate feet.



Lunges

Start in a standing position, step forward with one leg, bend the knees and go as low to the ground as possible



Sit Ups

Lie on your back with your knees bent and your feet flat on the floor. Place your finger tips behind your ears. Brace your abs and then raise your body up towards your knees, with your shoulders lifted off the floor. Head always looking straight, no chin on chest and do not pull the head forward.



Dribble Slalom

Place some markers on the floor, dribble the ball in and out of the markers.



Shuttle Run

Run back and forth between two points. Repeat this for the time limit.



Wall Sit

Start by standing about two feet away from a wall with your back against the wall. Slide your back down the wall until your hips and knees bend at a 90-degrees. Keep your shoulders, upper back and back of your head against the wall. Evenly distribute your weight throughout your whole foot.



Press Ups

Lie on the floor face down and place your hands shoulder width apart while holding your torso up at arms length. Then lower yourself downward until your chest almost touches the floor as you inhale. Breathe out and press your upper body back up to the starting position while squeezing your chest.



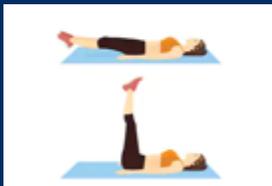
Wall Pass

Pass the ball against the wall as many times as you can in the time limit. Try using alternate feet or one touch passing.



Star Jumps

Begin in a relaxed stance with your feet shoulder width apart and hold your arms close to the body. To initiate the move, squat down halfway and explode back up as high as possible. Fully extend your entire body, spreading your legs and arms away from the body.



Leg Raises

Lay down flat on your back, raise both legs in the air. Bring one leg down towards the floor aiming to stop one inch above the ground. Bring this leg back up to the starting position then change leg.

SPORT THEME

FOOTBALL

SECONDARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

#stayhomestayactive

#stayinworkout

MONDAY MOVERS

! Physical literacy/skills

Activity overview

Dribbling development -

Improve your dribbling skills

Passing development - Improve the accuracy of your passing

Equipment needed

Ball: Football, or rolled-up socks, tennis ball, home made paper ball, or balloon

Objects to dribble around:

Books, cones, shoes, clothes, saucepans, waterbottles, plant pots

School Games value focus

Self-belief

TUESDAY CHALLENGE

! Personal challenge

Activity overview

Keepy-up challenge - How many kick-ups can you do?

In it to bin it challenge - Shoot the ball into a target in the least number of attempts

Equipment needed

Ball: Football, or rolled-up socks, tennis ball, home made paper ball, or balloon

Target: Bin, or washing basket

School Games value focus

Honesty

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

Circuit training - Complete the ten-station workout. (All stations can be completed in the same location)

Equipment needed

Ball: Football, or rolled-up socks, tennis ball, home made paper ball, or balloon

School Games value focus

Determination

THURSDAY THINKING

! Problem solving

Activity overview

Beat the object - Get past the object in as few touches as possible

Quiz - Test your football knowledge by completing the quiz

Equipment needed

Ball: Football, or rolled-up socks, tennis ball, home made paper ball, or balloon

Large object: Bin, chair, saucepan, wash basket, or plastic bowl

Quiz: Paper and pen

School Games value focus

Determination and Honesty

FRIDAY FUN

! Virtual competition

Activity overview

Design your own football kit and/or show us your best football trick (you can enter one, or both competitions). When complete, submit your entry to the competition [here](#) before 9am Friday 15th May 2020. Earn points for your school and download your certificate and if you enter all Friday virtual competitions you will be entered into a prize draw.

Equipment needed

Paper & colouring pencils, computer (optional)

Football (or rolled-up socks, tennis ball, home made paper ball, or balloon)

School Games value focus

Passion and determination

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MONDAY MOVERS

Dribbling Development

! Physical literacy/skills

ACTIVITY

- Create a slalom course using objects (water bottles, etc)
- Dribble the ball in and out of the objects (or cones).
- Once you have got the hang of this, try doing the activity using different parts of the foot, i.e.: laces, inside, or outside of the foot



EQUIPMENT NEEDED

- Football or rolled-up socks, tennis ball, home made paper ball, or balloon
- Objects to create a slalom course - books, cones, shoes, clothes, saucepans, waterbottles, plant pots



15mins



How can you demonstrate self-belief throughout this challenge?

By continuing to develop your own technique

MAKE IT EASIER...

Move the objects further apart. Remove the objects, dribble up and down in a straight line.

MORE OF A CHALLENGE

Move the objects closer together, add more objects, time how long it takes to complete. Add in moving objects, try using weaker foot.

MAKE IT INCLUSIVE

Use a different ball, dribble in a straight line or in any direction.

LEAD OTHERS

Teach your household how to dribble the ball. Turn it into a competition to see who can dribble the fastest.

! TOP TIPS

Keep the ball close to the feet, use the inside and outside of the foot.

Why not try this now?

- Have a go at some more dribbling drills <https://www.youtube.com/watch?v=jwlHc9rz7yo>
- Practice your turns to beat defenders <https://www.youtube.com/watch?v=Kq8yGgtKwfl>

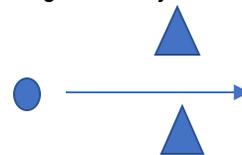
MONDAY MOVERS

Passing Development

! Physical literacy/skills

ACTIVITY

- Develop your passing accuracy by trying to pass through two objects



EQUIPMENT NEEDED

- Football or rolled-up socks, tennis ball, home made paper ball, or balloon
- Markers to pass through (shoes, cereal box etc)



15mins



How can you demonstrate self-belief throughout this challenge?

By continuing to develop your own technique

! TOP TIPS

Use the inside of the foot to pass the ball and place your non kicking foot next to the ball.

MAKE IT EASIER...

Move the markers further apart so you have a bigger target to pass through.

MORE OF A CHALLENGE

Move the markers closer together, add multiple markers and pass and move to each set.

MAKE IT INCLUSIVE

Adapt the type of ball, use bright coloured markers, roll the ball with your hands.

LEAD OTHERS

Teach your household how to pass the football.

TUESDAY CHALLENGE

Keepy-Up Challenge

! Personal Challenge

ACTIVITY

- Complete as many kick-ups as possible.



EQUIPMENT NEEDED

- Football (or rolled-up socks, tennis ball, home made paper ball, or balloon)



15mins



How can you demonstrate honesty throughout this challenge?

Demonstrate honesty by counting the number of keepy-ups correctly

MAKE IT EASIER...

Use a bigger ball, use a balloon, drop the ball onto your foot to start.

MORE OF A CHALLENGE

Use a smaller ball, use an obscure object that you can find, use alternate feet every time you kick the ball.

MAKE IT INCLUSIVE

Try doing as many kick-ups as possible whilst sitting down, use the head, or hands to keep the ball up.

LEAD OTHERS

Challenge your household. Do keepy-ups as a team.

TUESDAY CHALLENGE

In it to bin it

! Personal Challenge

ACTIVITY

- Kick the ball into the bin in the fewest number of attempts.



EQUIPMENT NEEDED

- Football (or rolled-up socks, tennis ball, toilet roll, paper ball)
- Bin, wash basket, marked out target



15mins



How can you demonstrate honesty throughout this challenge?

Count all attempts even if you miss the target

MAKE IT EASIER...

Move closer to the target, have a bigger target, aim for a lower target.

MORE OF A CHALLENGE

Move further away from the target, have a smaller target, aim for a higher target.

MAKE IT INCLUSIVE

Throw the ball into the bin or roll to a target on the floor.

LEAD OTHERS

Challenge your household.



TOP TIPS Use lots of space to keep the ball up

Why not try this now?

➤ https://www.facebook.com/pg/PalmerSchoolOfExcellence/videos/?ref=page_internal



TOP TIPS Try to use your laces to generate power

Why not try this now?

➤ Kick the ball off the wall into the bin or create your own challenge

WEDNESDAY WORKOUT

Football Fitness Circuit

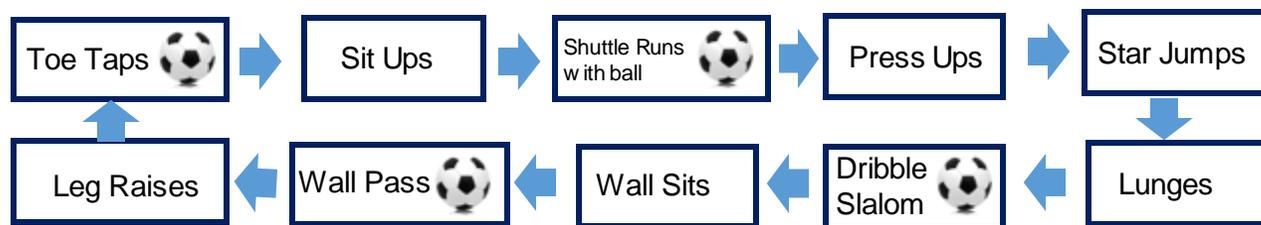


30mins

! Links to numeracy/literacy

ACTIVITY

- Complete the ten-station circuit, work for one minute on each station and rest for 30 seconds between each activity. Try to complete the whole circuit twice.



EQUIPMENT NEEDED

- Football (for those with a ) , or rolled-up socks, tennis ball, paper ball, or toilet roll
- A wall or fence

! **TOP TIPS-** Keep hydrated, drink water between each station. Warm up and cool down to prevent injury.



How can you demonstrate determination throughout this challenge?

Keep going all the way until the end even if you become tired.

Why not try this now?

- Try the exercises listed on <http://www.thefa.com/womens-girls-football/get-involved/soccercise>
- Workout your brain using <https://plprimarystars.com/>



MAKE IT EASIER...

Work for a shorter length of time and rest for longer between each station. Only complete the circuit once.

MORE OF A CHALLENGE

Work for a longer length of time and rest for a shorter period of time. Complete the circuit more than two times. Complete the circuit, but can you be imaginative and include the ball in each of the stations?

MAKE IT INCLUSIVE

Move the ball with a hand if needed, try the exercise sitting down, hold on to a chair, or wall for balance, modify the movement, travel at a slow speed.

LEAD OTHERS

Get your whole household to complete the circuit. Create your own circuit and give it a go.

THURSDAY THINKING

Beat the Object

! Problem solving

ACTIVITY

- Place two objects in your way (bins), get past these objects in as few touches as possible



EQUIPMENT NEEDED

- Football (or rolled-up socks, toilet roll, paper ball)
- Two large objects (bins/chairs etc)



15mins



How can you demonstrate determination throughout this challenge?

Keep trying to beat the object until you do it in as little touches as possible

MAKE IT EASIER...

Have less objects in the way, make the object smaller, have more space between objects.

MORE OF A CHALLENGE

Have more objects in the way, make the objects bigger, have less space between objects.

MAKE IT INCLUSIVE

Use a different ball, use flat objects to move around, move with the ball in your hands.

LEAD OTHERS

Get those you live with to be moving defenders instead of using objects.



TOP TIPS If you don't have a football use a tennis ball or some rolled up socks

Why not try this now?

➤ Keep your brain active and try the premier league quiz - <https://www.youtube.com/watch?v=K8OQ8fYIY9U>

THURSDAY THINKING

Quiz Time

! Problem solving

ACTIVITY



- Can you answer these football themed questions? (see appendix for questions)

EQUIPMENT NEEDED

- Pen / pencil and paper



15mins



How can you demonstrate honesty throughout this challenge?

Complete this task without any help from other sources

MAKE IT EASIER...

Use the internet to find out the answers.

MORE OF A CHALLENGE

Set yourself a time limit for completing the questions.

MAKE IT INCLUSIVE

Why not phone a friend, or family member to help you complete the task.

LEAD OTHERS

Set your own quiz and challenge friends and family



TOP TIPS Pre-empt the questions and do some research before starting the quiz

FRIDAY FUN

Kit Design

! Virtual competition

ACTIVITY

- Use the template in the appendix (or your own) to design your own football kit for your school, favourite team or your own team
- When complete, submit your entry to the competition [here](#) before 9am Friday 15th May 2020. Earn points for your school and download your certificate and if you enter all Friday virtual competitions you will be entered into a prize draw

EQUIPMENT NEEDED

- Pencil, colouring pencils, paper (computer optional)
- Use the template if you wish



No time limit



How can you demonstrate passion throughout this challenge?

Design a kit that you would be proud to wear

MAKE IT EASIER...

Use your favourite team's kit as a guide.

MORE OF A CHALLENGE

Make a 3D model and send your design in. Design a badge too.

MAKE IT INCLUSIVE

Use a computer to design your kit. Tell someone your design for them to draw.

LEAD OTHERS

Get everyone in your household to design a shirt.



TOP TIPS Look at existing football kits for ideas

Why not try this now?

- Create your own team badge, design your own football stadium, design your own football boots.

FRIDAY FUN

Unbelievable Tekkers

! Virtual competition

ACTIVITY

- Practice and perform your best football trick
- When complete, submit your entry to the competition at www.activederbyshire.org.uk/forms/view/sgvc before 9am Friday 15th May 2020. Earn points for your school and download your certificate and if you enter all Friday virtual competitions you will be entered into a prize draw

EQUIPMENT NEEDED

- Football (or rolled-up socks, toilet roll, paper ball)
- Device to record your trick



15mins



How can you demonstrate determination throughout this challenge?

By continuing to try the trick even if it does not work first time

MAKE IT EASIER...

Perform an easier trick, break down the trick into sections.

MORE OF A CHALLENGE

Perform a harder trick.

MAKE IT INCLUSIVE

Perform a skill with a ball. Use a different object. Show us your movement skill without a ball.

LEAD OTHERS

Teach your trick to someone else in the household.



TOP TIPS Practice before filming

Why not try this now?

- Learn some new tricks using this link <https://www.youtube.com/watch?v=ZJvVihqO1NM>

Quiz Questions



Easy

1. Which football team plays its home games at Wembley?
2. Where do you usually find football news in a newspaper?
3. Which country has won the World Cup the most times?
4. What is the name of the white dot right in the middle of a football pitch?
5. Which of these is not a popular children's football magazine? (a) Match (b) Goal (c) Kick

Harder

1. Who was England's manager at the 2010 World Cup?
2. In what year did England win their first and only World Cup?
3. At which team did Wayne Rooney start his professional football career?
4. Which footballer has 'written' the most books?
5. Which team has been in the top English league for longer than any other?

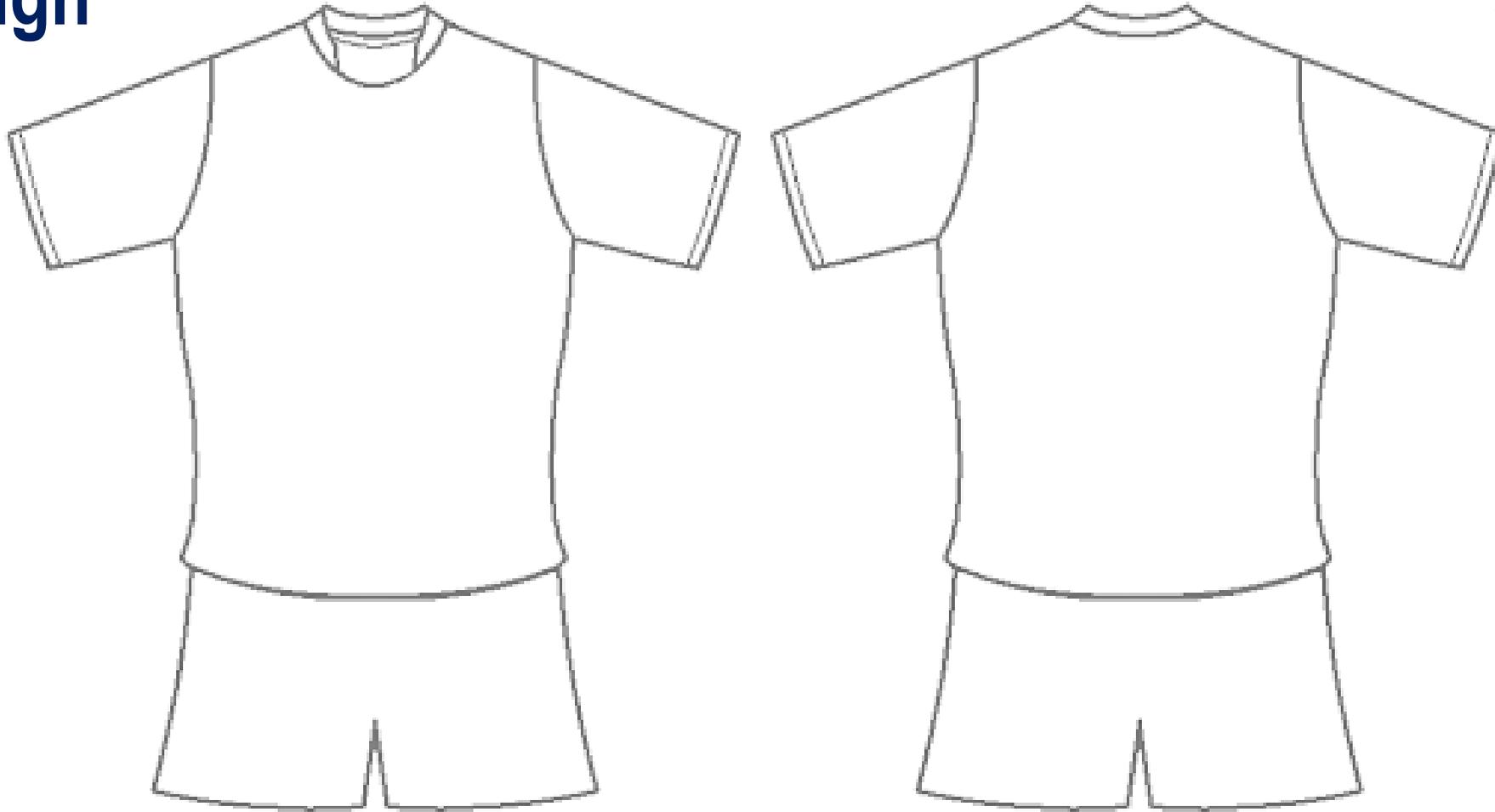
Tricky

1. What does the title of the magazine called FourFourTwo mean?
2. Which country calls football 'calcio'?
3. Which footballer's wife has not written a book? (a) Beckham (b) Gerrard (c) Rooney
4. Before South Africa, how many World Cups had been played in Africa?
5. What football team does the author of the Foul Play books, Tom Palmer support?

Super tough

1. Where was the first ever World Cup held in 1930?
2. Where does the word 'soccer' come from?
3. Which was the last team to win the English league before the Premier League was born?
4. Which African country is featured in Tom Palmer's book, Off Side?
5. What team does Prince William support?

Kit Design



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