**Kicking**

**Fruit Slide**

Placing a coloured non-slip spot next to a ball.

Tell the children that the spot is a piece of fruit (yellow – banana, red – cherry, green apple, etc.)

Children need to squish the fruit with their non-kicking foot while they kick the ball (make sure they will not slip on the picture/spot).

**Number Run**

Outdoor or in a large indoor space.

Place a ball next to you.

Give each child a number (try keep the group small – up to 10 children)

Children need to run around the space or move in different ways (skills) and when their number is called they need to run towards it and kick it.

Children should stop and kick the ball (attempting to kick it towards a wall or large target).

When each child has had a turn get them to travel in different ways on your command, i.e. hop, jump, crawl, etc.

**Progression**

After each child has practiced kicking the ball from standing and all or most are confident at that encourage them to kick from running (without stopping).

**Benefits**

Spatial Awareness, Balance, coordination, mathematics, kicking, basic skills, taking turns



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