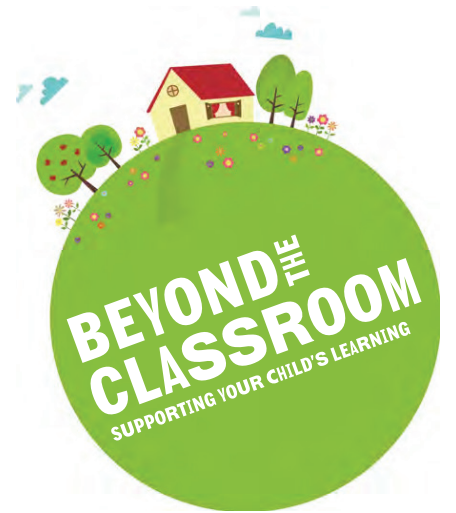



### Introduction

**Kicking** or striking with the foot or is a skill used in many sporting activities in Ireland. Kicking is a very useful tool to develop coordination between the foot and the eye. Activities that use the skill of kicking include rugby, soccer, Gaelic football and Australian Rules football. It is important when learning to kick that children try to kick as hard as they can.



Each activity A, B and C below is accompanied by a video clip. Click on the  links below, scan the QR code using your mobile device, or visit [www.scoilnet.ie/pdst/phylsit](http://www.scoilnet.ie/pdst/phylsit) to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

#### Home Activity A

Approach the ball from behind and slightly to the side.

Place the non-kicking foot to the side of the ball.

 [Click here for video](#)

#### Home Activity B

Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot.

Swing the arm opposite the kicking leg forward and sideways.

 [Click here for video](#)

#### Home Activity C

Follow through afterwards in the direction of the target.

 [Click here for video](#)



#### Kicking

Click [here](#) to see a video of this fundamental movement skill

Click [here](#) to download a poster for this skill

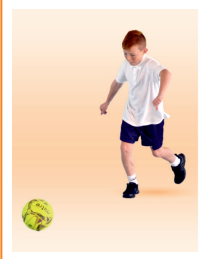

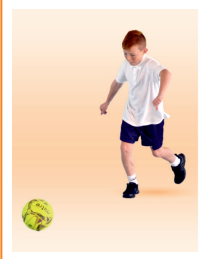

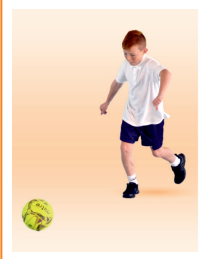

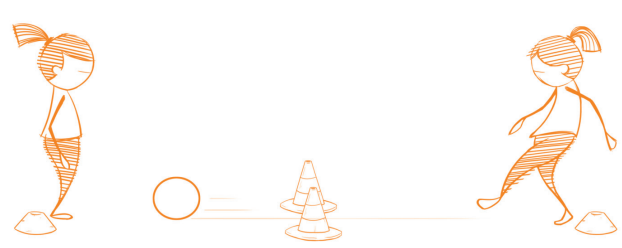


 [Scan here for video](#)

### Move Well, Move Often:

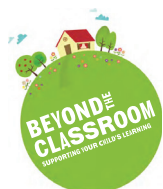
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### Home Activity A

<p><b>Warm Up</b></p>	<p>Pupils place the beanbag/rolled up socks/ball at their feet and pass or slide the beanbag from one foot to the other while:</p> <ul style="list-style-type: none"> <li>• standing in the same spot</li> <li>• walking, jogging, running, side stepping forwards/backwards</li> <li>• moving forwards in a straight, zig - zag or curved pathway</li> <li>• dribble the ball around objects (avoid touching the objects) spread out around the playing area</li> </ul>						
<p><b>FMS Focus</b></p>	<p><b>Today when Kicking can you focus on...</b></p> <table border="1" data-bbox="252 651 1543 909"> <tr> <td data-bbox="252 651 687 909"> <p><b>Approach the ball from behind and slightly to the side</b></p> </td> <td data-bbox="687 651 895 909">  </td> <td data-bbox="895 651 1331 909"> <p><b>Place the non-kicking foot to the side of the ball</b></p> </td> <td data-bbox="1331 651 1543 909">  </td> </tr> </table>			<p><b>Approach the ball from behind and slightly to the side</b></p>		<p><b>Place the non-kicking foot to the side of the ball</b></p>	
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<p><b>Kicking Practise</b></p>	<p><b>Through The Gate</b></p> <p><b>Description of Activity</b></p> <p>Arrange pupils in pairs with one ball per pair. Each pupil stands on a spot facing their partner who is also standing on a spot ten metres away. Set up a gate between each pair using two cones. Pupil A attempts to kick the ball to pupil B through the gate. One point is awarded for each pupil that successfully kicks the ball through the gate.</p> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• For a single player: set up a 'gate', kick the ball and retrieve the ball</li> <li>• A chair can be used as the 'gate', to add an extra challenge add a number of chairs that pupils will kick the ball through.</li> <li>• Increase or decrease the distance between the player and the width of the gate.</li> <li>• When the ball is kicked, pupils can trap the ball by placing their foot on the ball.</li> </ul> 						
<p><b>Home Challenge</b></p>	<p>Set up the target station - take a bath mat/ hand towel/ small blanket and place it on the floor, put a used cereal box/empty milk carton on the bathmat. Stand at least one metre away from the target station, kick a rolled up pair of sock/beanbag/small ball and try to knock the cereal box. Scoring system - 1 point = socks land on the mat but target is not knocked over, 2 points - target is knocked but socks roll off the mat, 3 points - target is knocked and socks stay on the mat. For more challenge use objects of varying size and increase the distance from the target</p> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• When playing with a family member, play together to make a combined score of 10</li> <li>• Invite a family member to play too, who can get the highest score in 1 min</li> </ul>						
<p><b>PE Journal</b></p>	<p>Ask a grown-up to help you to search online for a picture of a footballer kicking a ball. In your PE journal, list three things you notice about their kicking technique.</p>						



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# KICKING

Ciceáil

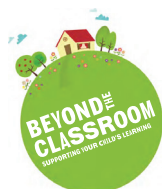


## Home Activity B

<p><b>Warm Up</b></p>	<p>Each pupil balances a beanbag/rolled up socks/ball on their foot and attempts to flick it up into the air. Pupils attempt to catch the beanbag with their hand and replace it on their foot. Alternate the foot used to flick the object and flick it up as high as possible. How many flicks can you do without dropping the object? Try to flick the bean bag to your partner.</p>						
<p><b>FMS Focus</b></p>	<p><b>Today when Kicking can you focus on...</b></p> <table border="1" data-bbox="252 595 1546 857"> <tr> <td data-bbox="252 595 687 857"> <p><b>Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot</b></p> </td> <td data-bbox="687 595 895 857">  </td> <td data-bbox="895 595 1331 857"> <p><b>Swing the arm opposite the kicking leg forward and sideways</b></p> </td> <td data-bbox="1331 595 1546 857">  </td> </tr> </table>			<p><b>Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot</b></p>		<p><b>Swing the arm opposite the kicking leg forward and sideways</b></p>	
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<p><b>Kicking Practise</b></p>	<p><b>Kick to Score</b></p> <p><b>Description of Activity</b> Draw or stick target areas at various heights on a wall. Points should be placed in the centre of each target from one to five. Arrange pupils in groups of three or four. Pupils are given a score to achieve, e.g. ten. Groups must hit the targets on the wall to achieve that score.</p> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• How many points can you score in one minute?</li> <li>• Encourage pupils to trap the rebounding ball with their foot</li> <li>• Increase the distance from the targets</li> <li>• Use the non dominant foot to score double points</li> <li>• Record your top score and try to beat the next time you play</li> </ul> 						
<p><b>Home Challenge</b></p>	<p>Divide the playing space in the middle with a rope or string. Each player takes five household items (used cereal boxes, empty plastic bottles, empty milk cartons) and sets them up on one side of the playing area. Spread the household items apart (e.g. not all at the back, sides, or front). Each player has a ball. Players kick the ball at the same time to the other side of the playing area to try to knock over one of the other player's objects with their kick. After the kick, players retrieve their ball and kick again. The game is played until one player has knocked over all of the other player's items.</p> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• For a single player, try to knock as many objects in a limited amount of time.</li> <li>• For a single player, assign a different score to objects of different size. smaller objects - 2 points, taller objects - 4 points. How many points can you score in 1 minute?</li> <li>• Players can move to block a shot once they kick their ball.</li> </ul>						
<p><b>PE Journal</b></p>	<p>In your PE Journal, list all the activities that involve the skill of kicking. Draw a picture of your favourite activity!</p>						



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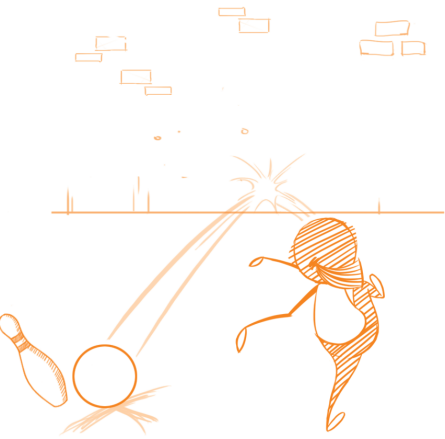


# KICKING

Ciceáil

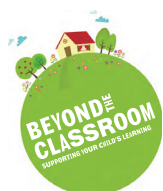


## Home Activity C

<p><b>Warm Up</b></p>	<p>Pupils balance a beanbag/rolled up socks/small soft ball on their foot and flick it into the box/washing basket/rubbish bin. As pupils progress they can try to kick the ball on the ground/from their hands into the target.</p>		
<p><b>FMS Focus</b></p>	<p><b>Today when Kicking can you focus on...</b></p>		
	<p><b>Follow through afterwards in the direction of the target</b></p>		
<p><b>Kicking Practise</b></p>	<p><b>Bouncing Wall Strike</b></p>		
	<p><b>Description of Activity</b>            Arrange pupils in groups of four with one cone/skittle and one football each. The first pupil places their cone three to five metres from the wall within their designated playing area. This pupil then places their ball next to the skittle and kicks it, aiming to hit the skittle on the rebound. If the cone is hit, the cone is then moved one metre further away from the wall. A goal line can be set ten metres from the rebound wall. A goal is scored when a pupil has successfully progressed the cone, metre by metre, back across the goal line.</p> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• Use an empty milk carton, used cereal box, empty plastic bottle instead of a skittle.</li> <li>• Use dominant and non dominant legs</li> <li>• For two players: work together to move the target object to the goal line or each pupil has their own target object, the 1st target object to cross the goals line will be the winner.</li> </ul>		
<p><b>Home Challenge</b></p>	<p><b>Xs and Os:</b>            Draw/Mark 9 boxes on the ground using chalk, ropes or cones. Pupils kick rolled up socks/ beanbag/ ball and try to land the object in one box. Mark the box with - x/o using chalk/two different coloured clothing items. Continue the activity until one player has a straight line of xs/os.</p> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• For a single player, try to land the ball in three boxes that make a straight line from three kicks - mark where the ball lands</li> <li>• Place household objects into each box as targets and aim to knock over the target</li> <li>• Kick the ball on the ground or from the hands</li> </ul>		
<p><b>PE Journal</b></p>	<p>Design a game that involves the skill of kicking. Create a scoring system, rules and one way the game could be made more challenging for the players.</p>		



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