DERBYSHIRE SCHOOL GAMES

#stayinworkout

#stayhomestayactive

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**

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.

INTRODUCTION TO FOOTBALL

30mins

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

WRITE DOWN WHAT YOU KNOW ALREADY?

SOME KEY WORDS IN FOOTBALL

Find out what these words mean

Pass _____

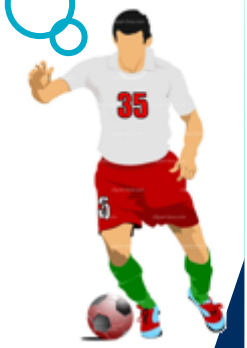
Shoot _____

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.

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.

Shuttle Run

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

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.

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.

Lunges

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

Dribble Slalom

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

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.

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.

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

PRIMARY

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
Obstacles to dribble around: Water bottles, cones, shoes, clothes, cereal boxes plant pots or saucepans

School Games value focus

Self-belief

TUESDAY CHALLENGE

Personal challenge

Activity overview

Keepy-uppy challenge - How many kick-ups can you do?
In it to bin 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, washing basket

School Games value focus

Honesty

WEDNESDAY WORKOUT

Links to numeracy/literacy

Activity overview

Circuit training - Complete the multiple 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
Eye on the ball and summing-up activity sheets - Work out the challenges set on the age appropriate activity sheets

Equipment needed

Ball: Football, or rolled-up socks, tennis ball, home made paper ball, balloon
Large object: Bin, chair, saucepan, wash basket, or plastic bowl
Activity sheets: 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 and colouring pencils, football (or rolled-up socks, tennis ball, home made paper ball, or balloon)

School Games value focus

Passion and determination

RESOURCE PRODUCED IN PARTNERSHIP BETWEEN

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MONDAY MOVERS

Physical literacy/skills

Dribbling Development

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 if no football)
Objects to create a slalom course (shoes, water bottles, plant pots, cereal boxes, etc)

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.

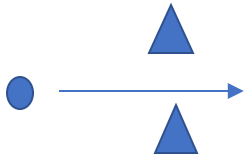
MONDAY MOVERS

Physical literacy/skills

Passing Development

ACTIVITY

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



EQUIPMENT NEEDED

- Football (or rolled up socks or toilet roll)
- 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

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.

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

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

TUESDAY CHALLENGE

Keepy-Up Challenge

Personal Challenge

ACTIVITY

- Complete as many kick-ups as possible.

EQUIPMENT NEEDED

- Football (or rolled-up socks, toilet roll, paper ball)

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.

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

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, 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 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

Links to numeracy/literacy

Football Fitness Circuit

30mins

ACTIVITY

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

Toe Taps → Sit Ups → Shuttle Runs → Star Jumps → Lunges → Dribble Slalom → Wall Pass → Leg Raises → Toe Taps

EQUIPMENT NEEDED

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

How can you demonstrate determination throughout this challenge?

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

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

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 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

Problem solving

Beat the Object

ACTIVITY

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

EQUIPMENT NEEDED

- Football (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 few 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 object.

MAKE IT INCLUSIVE

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

LEAD OTHERS

Get who 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

THURSDAY THINKING

Problem solving

Activity Sheets

ACTIVITY

- Complete the activity sheets in the appendix relevant to your age (eye on the ball and summing up)

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 to complete the sheets.

MAKE IT INCLUSIVE

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

LEAD OTHERS

Set your own activity sheets and challenge friends and family.

TOP TIPS Don't rush, read the questions thoroughly

Why not try this now?

- Keep your brain active and try The Premier League quiz https://www.youtube.com/watch?v=K8OQ8fYIY9U

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/crayons, paper
- 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

Activity Sheet 1

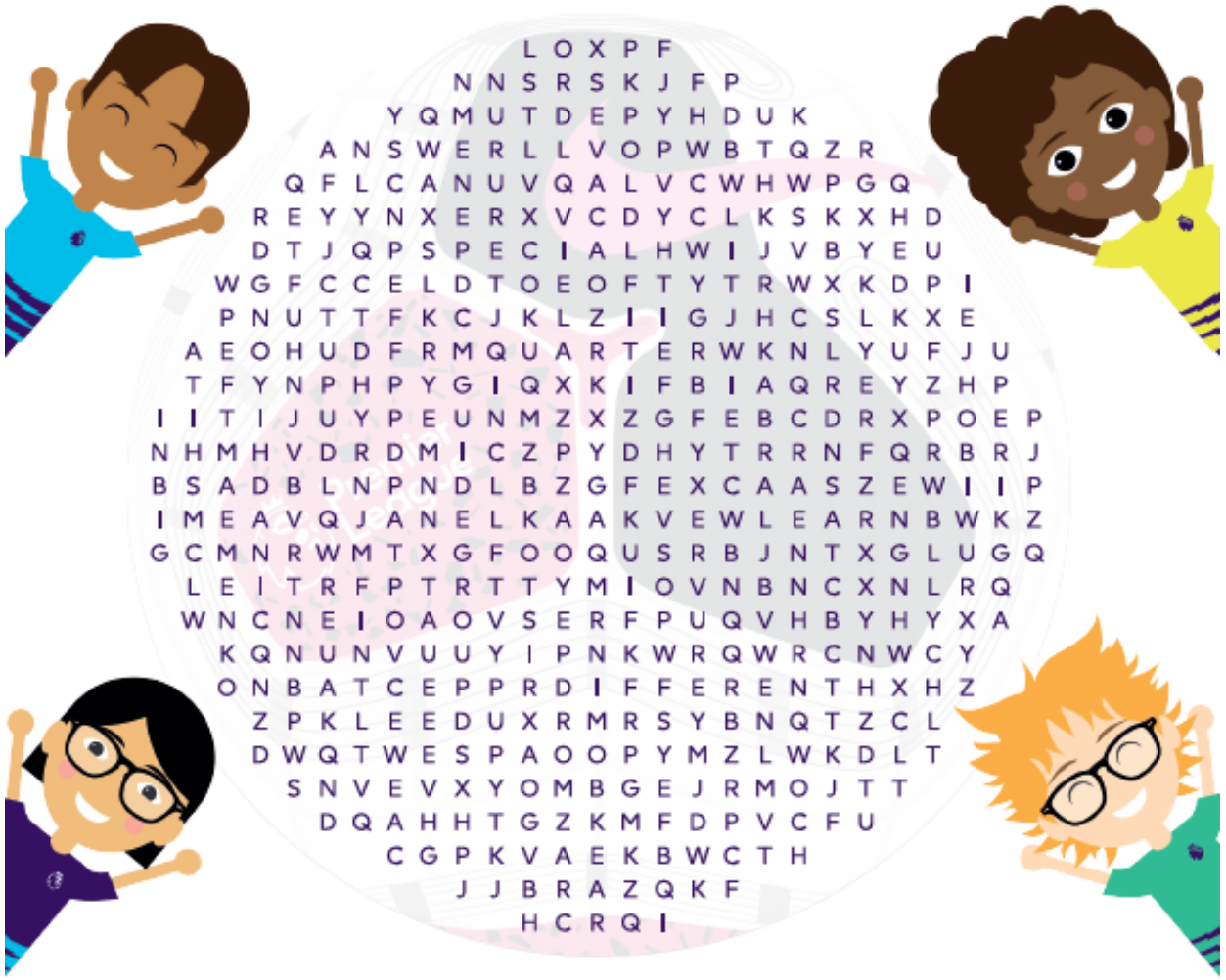
Aged 5-7 focus

Premier League Primary Stars: Football Fun (Children 5-7)

Activity sheet
Eye on the ball

Can you find these words in the football shown opposite?

Minute	Circle	Group
Quarter	Special	Answer
Different	Guide	Remember
Surprise	Arrive	Forward
Learn	Sentence	



To check your answers go to https://plprimarystars.com/resources/football-fun-activity-pack/eye-on-the-ball-wordsearch/eye-on-the-ball-wordsearch-answers?referral=/resources/football-fun-activity-pack

Activity Sheet 1

Aged 7-11 focus

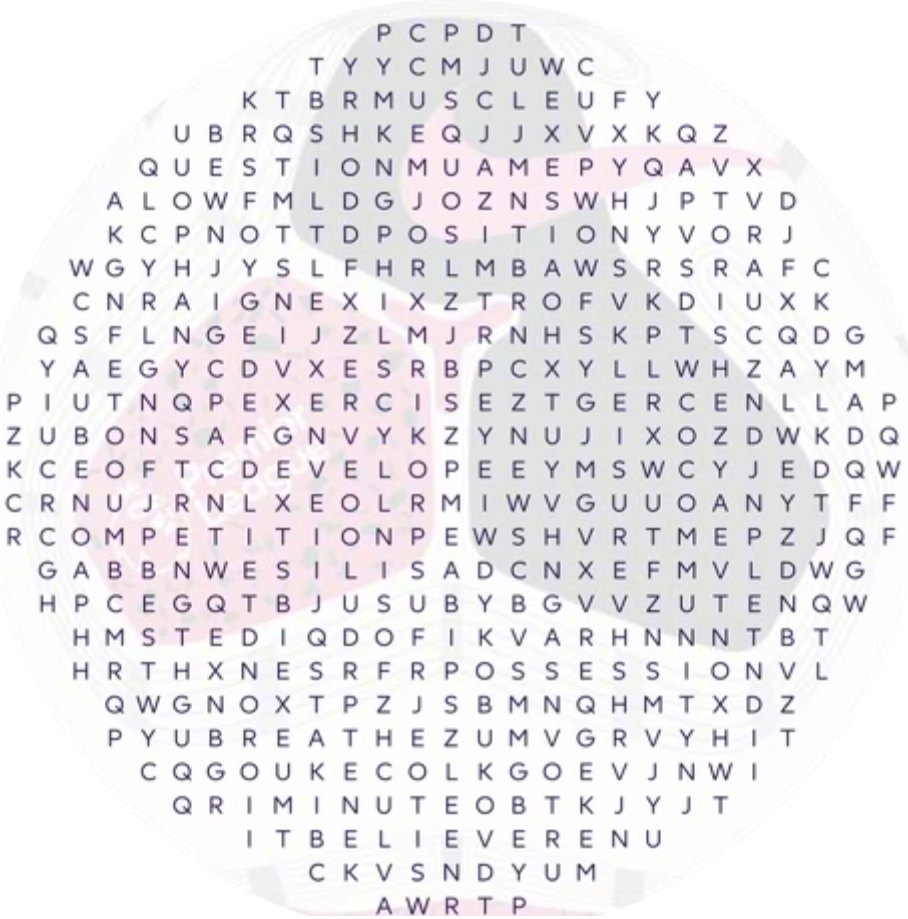
Premier League Primary Stars

Premier League Primary Stars: Football Fun (Children 7-11)

Activity sheet
Eye on the ball

Can you complete these words to finish the sentences and then find them all within the football?

- L_ _sure — On Saturdays, she plays football at the local _____ Centre.
- min_te — The team won when they scored a goal in the 89th _____ .
- mu_ _le — Being active isn't just about building _____ .
- Ph_sical — PE is short for _____ Education.
- posi_ _on — There are 11 different _____ s in football.
- posses_ _on — Her signed football shirt was her most valuable _____ .
- ques_ _on — He worked hard to find the answer for _____ 5.
- streng_ _ — It is important to develop the _____ of our muscles and bones.
- ach_ _ve — You can _____ great things if you work hard.
- bel_ _ve — They couldn't _____ Tuesday night's match result.
- br_ _the — Physical activity makes you _____ faster and feel warmer.
- c_mmunity — They were very active in the _____ .
- competi_ _on — A trophy was awarded at the end of the _____ .
- determin_ _ — She was _____ to try her best in the next school year.
- de_elop — Going to school helps to _____ knowledge and skills.
- e_ _ipment — At the end of the PE lesson the pupils tidied up the _____ .
- exer_ise — Football is a great form of _____ .



To check your answers go to https://plprimarystars.com/resources/football-fun-activity-pack/eye-on-the-ball-wordsearch/eye-on-the-ball-children7-11-answer-sheet?referral=/resources/football-fun-activity-pack

Activity Sheet 2

Aged 5-7 focus

Premier League Primary Stars: Football Fun (Children 5-7)

Activity sheet
Summing-up

www.plprimarystars.com | © Premier League 2020 Page **1 of 1**

Source for facts: Premier League website and BBC Sport website

Work out the sums to complete the football facts.

- Chelsea played **(85+1)** _____ home games without losing between February 2004 and October 2008.
- Sadio Mané scored a hat-trick (3 goals) in **(176 seconds)** _____ minutes and _____ seconds for Southampton against Aston Villa in 2015.
- The biggest ever Premier League win came in 1995 when Manchester United beat Ipswich Town by **(4+5)** _____ goals to 0.
- Up until January 2018, players from **(100-3)** _____ different countries have scored in the Premier League.
- In the 2017/2018 Season, Manchester City scored **(95+5)** _____ points, setting a new record for most points scored in one season.
- Only **(10-4)** _____ teams have played in the Premier League for every season: Arsenal, Chelsea, Everton, Liverpool, Manchester United and Tottenham Hotspur.
- In 2008–09, goalkeeper Edwin van der Sar played **(2x7)** _____ consecutive matches without letting in a goal.
- Ole Gunnar Solskjaer once came on as a substitute in minute **(70+2)** _____ of the game for Manchester United and scored four goals.

To check your answers go to https://plprimarystars.com/resources/football-fun-activity-pack/premier-league-football-facts/summing-up-answer-sheet?referral=/resources/football-fun-activity-pack

Activity Sheet 2

Aged 7-11 focus

Premier League Primary Stars

Premier League Primary Stars: Football Fun (Children 7-11)

Activity sheet
Summing-up

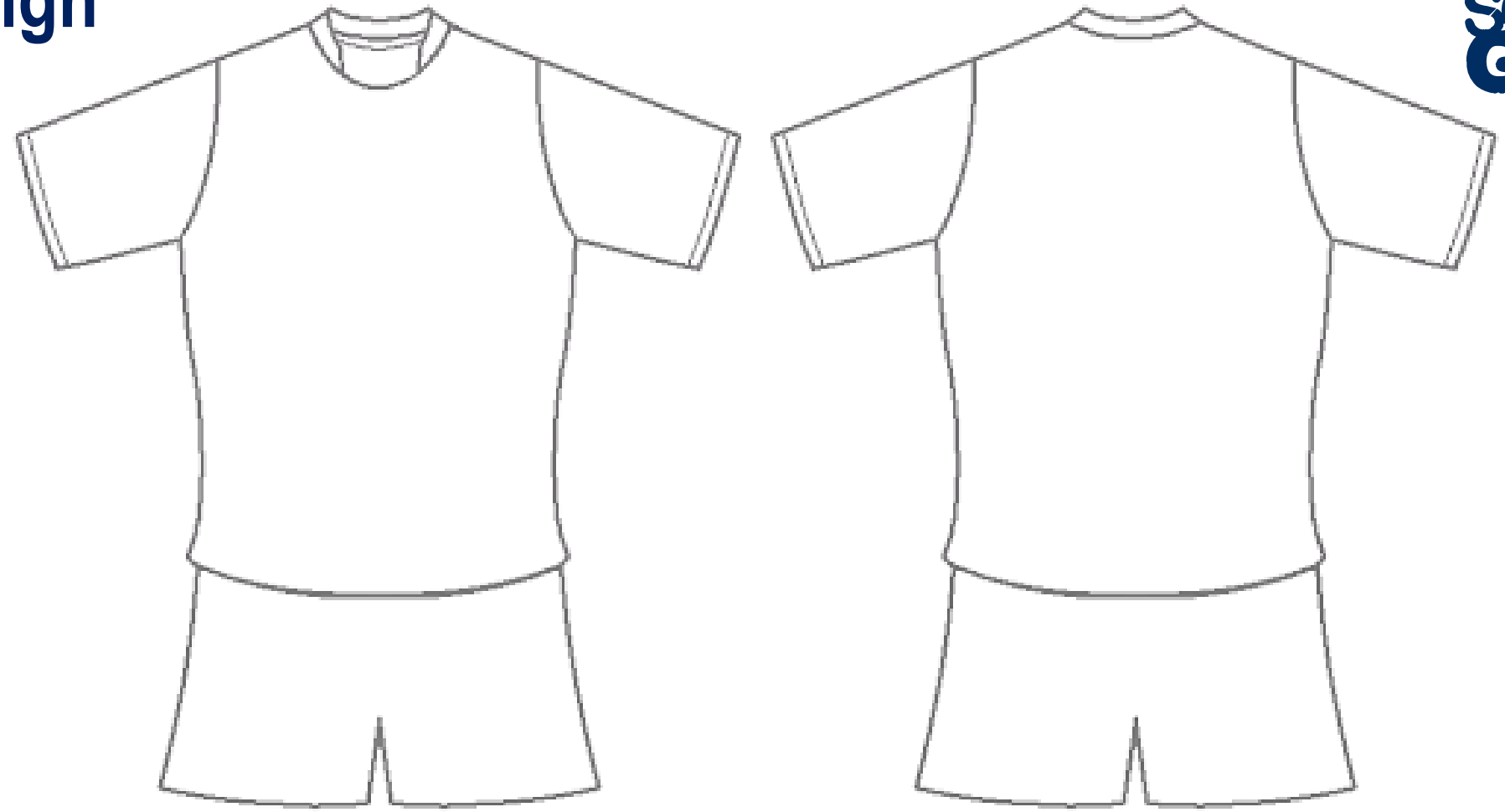
Source for facts: Premier League website and BBC Sport website

Work out the sums to complete the football facts.

- Chelsea played **(53+33)** _____ home games without losing between February 2004 and October 2008.
- Sadio Mané scored a hat-trick (3 goals) in **(176 seconds)** _____ minutes and _____ seconds for Southampton against Aston Villa in 2015.
- The biggest ever Premier League win came in 1995 when Manchester United beat Ipswich Town by **(3x3)** _____ goals to 0.
- Up until January 2018, players from **(10x9+7)** r_____ different countries have scored in the Premier League.
- In the 2017/2018 Season, Manchester City scored **(10x10)** _____ points, setting a new record for most points scored in one season.
- Only **(24÷4)** _____ teams have played in the Premier League for every season: Arsenal, Chelsea, Everton, Liverpool, Manchester United and Tottenham Hotspur.
- In 2008–09, goalkeeper Edwin van der Sar played **(30-16)** _____ consecutive matches without letting in a goal.
- Ole Gunnar Solskjaer once came on as a substitute in minute **(90-18)** _____ of the game for Manchester United and scored four goals.

To check your answers go to https://plprimarystars.com/resources/football-fun-activity-pack/premier-league-football-facts/summing-up-answers-7-11?referral=/resources/football-fun-activity-pack

Kit Design



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