

2

MEMORY CHALLENGE



Foundation

OBJECTIVE(S)

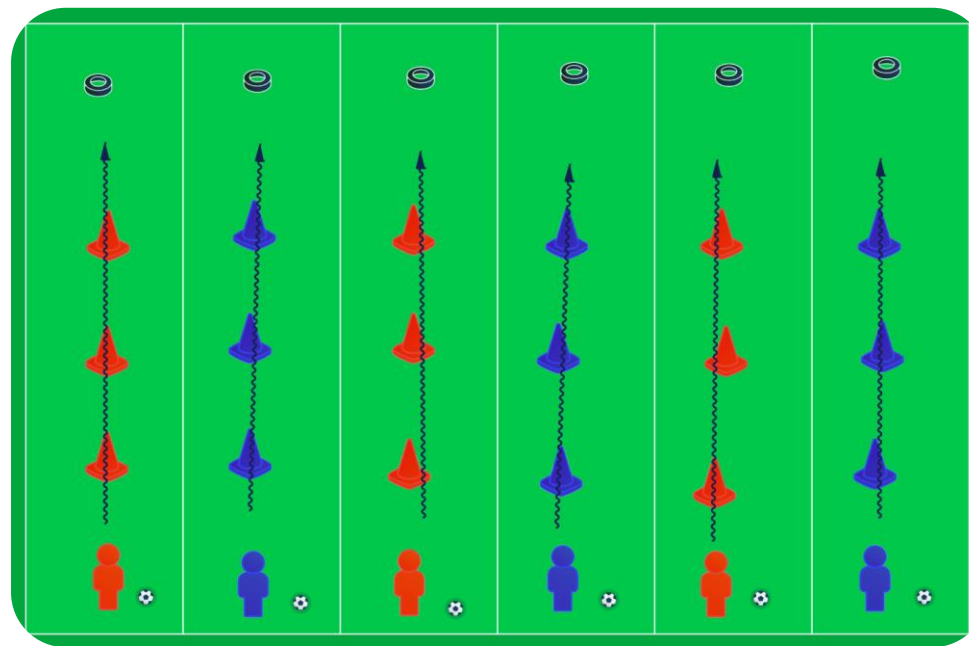
- Pupils will improve their dribbling and their communication skills.

THE GAME

- One pupil from the group will dribble the ball through the cones in a zigzag motion.
- At the hula hoop they can look at one card.
- Lift the ball into their hands and run back.
- At the end write down how many of the cards they can remember

COACHING POINTS

- Pupils should take small touches & keep ball close to their feet.



FOOTBALL LINKS

- Dribbling and running with the ball.
- Working as part of a team.
- Spatial Awareness.

HARDER/EASIER

- Shorten the distance between cones for increased difficulty.
- Lengthen the distance between the cones for decreased difficulty.
- Dribble to the end and back through the cones.
- For further added difficulty, ask pupils to remember a greater number of cards.

CURRICULUM LINKS

- Literacy: listen and respond in a range of contexts.
- Literacy: give and respond to directions and instructions.

