

**CURRICULUM SPORTS PROGRAMME**

**CLASSROOM  
WORKSHEETS**





# Turning—Numeracy

Team A has 8 footballs,      Team B has 5 footballs,  
Team C has 10 footballs,      Team D has 7 footballs.

1. Write which number is odd or even.

Answers: Team A has 8 \_\_\_\_\_      Team B has 5 \_\_\_\_\_  
Team C has 10 \_\_\_\_\_      Team D has 7 \_\_\_\_\_

2. Which team has the highest even number of footballs?

Answer:

3. Which team has the highest odd number of footballs?

Answer:

4. Which team has the lowest even number of footballs?

Answer:

5. Which team has the lowest odd number of footballs?

Answer:

6. If four more teams play, list all the scores from the eight teams as odd or even below.

Team E has 15 footballs, Team F has 22 footballs,

Team G has 11 footballs, Team H has 1 football.

odd

Even

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Passing—Numeracy

**Show your calculations when possible**

**1. How many passes have you made with your right foot?**

**Answer:**

**2. How many passes have you made with your left foot?**

**Answer:**

**3. Add the passes with left foot and right foot together. How many passes have you made?**

**Answer:**

**4. Add your passes and your partners together.**

**Answer:**

**5. If each gate is worth 2 points, how many points have you scored?**

**Answer:**

**6. If each gate is worth 10 points, how many points have you scored?**

**Answer:**



# Turning—Literacy

d	e	q	f	f	q	t	u	r	n	i	n	g	r	b
v	v	s	y	a	w	w	u	a	r	b	d	o	y	v
q	j	h	n	s	c	h	a	n	g	e	i	q	y	p
r	t	w	e	t	a	z	p	t	i	x	o	s	b	a
p	a	n	p	u	b	j	q	i	i	r	q	t	o	r
x	l	b	t	b	k	h	j	v	p	o	g	o	m	t
d	k	a	x	d	z	k	s	p	a	c	e	p	r	n
q	m	y	y	z	l	j	v	n	k	w	t	m	e	e
w	r	o	q	f	y	t	o	p	b	v	w	r	w	r
s	d	e	v	b	v	e	r	r	i	l	g	h	i	e
n	f	a	l	e	g	a	l	t	q	g	w	j	n	h
x	w	s	t	j	m	m	w	h	c	f	n	x	d	i
y	y	h	o	n	e	p	a	u	s	e	s	z	y	k
w	o	x	r	q	j	z	n	j	u	m	p	r	u	r
h	k	a	x	j	b	w	j	t	g	j	s	i	w	n

**play stop fast**

**rewind change jump**

**pause movement turning**

**space partner team**

# Shooting—literacy



USE THE WORDS IN RED BELOW TO COMPLETE THE SENTENCES.

beside    right    inside    goalkeeper  
eyes      goal      left      middle

- 1) When shooting I can use the \_\_\_\_\_ of my foot and my laces.
- 2) The \_\_\_\_\_ is the name of the person that stands in the nets.
- 3) When I shoot I should have one foot placed \_\_\_\_\_ the ball.
- 4) I should keep my \_\_\_\_\_ on the ball when hitting it.
- 5) When striking the ball my foot should be hitting the \_\_\_\_\_ of the ball.
- 6) When I shoot I should use my \_\_\_\_\_ and \_\_\_\_\_ feet.
- 7) We shoot into a \_\_\_\_\_ .

Place the names below in alphabetical order.

goal    net    ball    score    feet    shoot

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

# Shooting—Numeracy



JOE



Joe is practicing his shooting. Work out how many goals Joe scored.

Joe had 6 shots and missed 3.  $6 - 3 =$  goals scored

Joe had 5 shots and missed 4.  $5 - 4 =$  goals scored

Joe had 4 shots and missed 1.  $4 - 1 =$  goals scored

Joe had 3 shots and missed 0.  $3 - 0 =$  goals scored

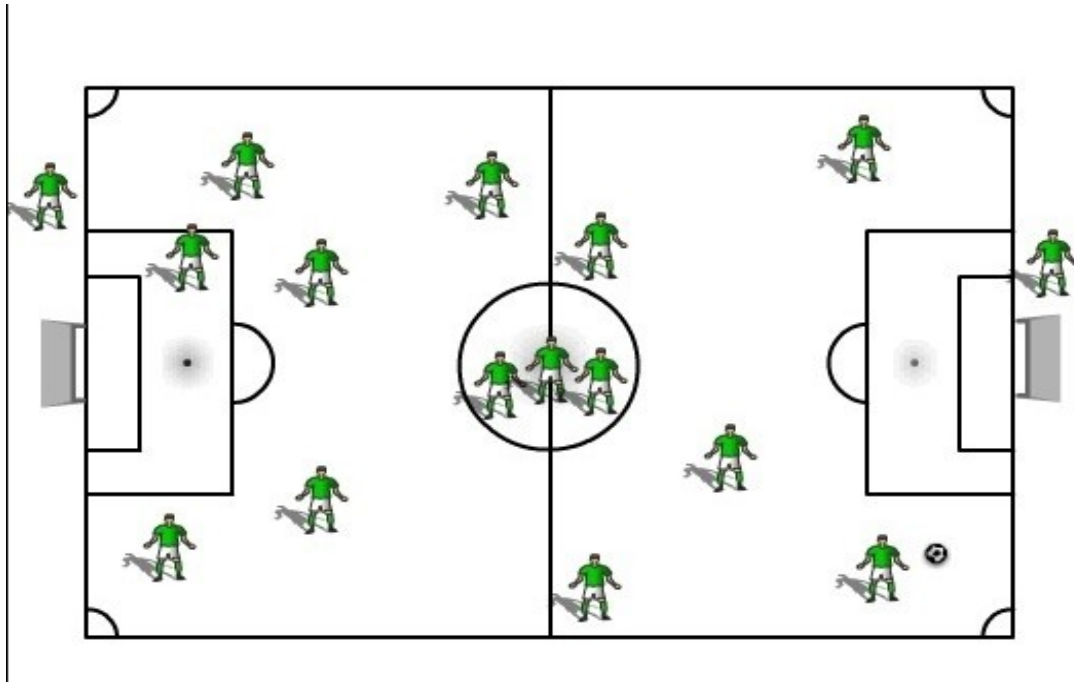
Joe had 8 shots and missed 4.  $8 - 4 =$  goals scored

Joe had 7 shots and missed 2.  $7 - 2 =$  goals scored

Now it's your turn. Take 6 shots in a goal. How many did you score?

Get your friend to play. Let them be the goalkeeper and take six shots against them. How many did you score this time?

# Space Awareness—Numeracy



Look at the football pitch and where the players are standing.

How many players are on the pitch?

How many players are **INSIDE** the centre circle?

How many players are **OUTSIDE** the pitch?

Circle the player in the best **SPACE** (with no one near).

Draw a square around the player **CLOSEST** to the ball.

Draw a triangle around the player **FURTHEST** from the ball





# Space Awareness—Literacy

Look at the pictures in the grid.

		 Ballet Shoes
		
		

What is in the CENTRE of the grid?

What is to the LEFT of the tennis racket?

What is 2 squares BELOW the ballet shoes?

The basketball is to the RIGHT of the \_\_\_\_\_.

The swimming goggles are UNDER the \_\_\_\_\_.

The rugby ball is ABOVE the \_\_\_\_\_.



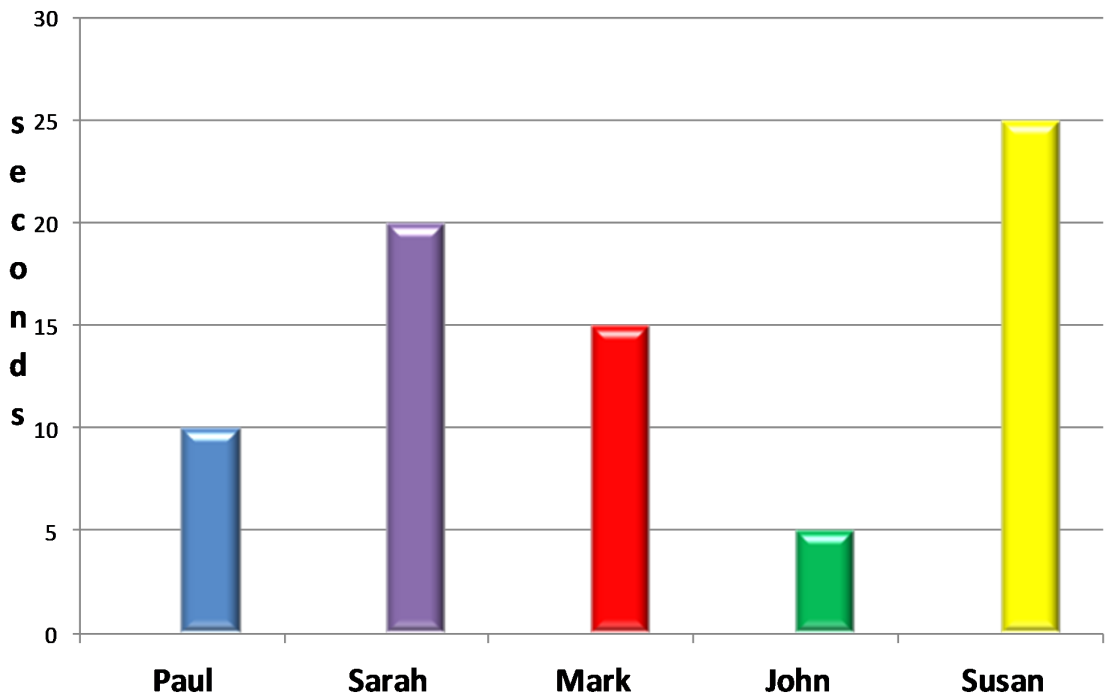


# Balance—Numeracy



**Paul, Sarah, Mark, John and Susan balanced on one leg for as long as they could.**

**Look at the graph and answer the questions below.**



How long did Paul balance for?

\_\_\_\_\_ secs

How long did Mark balance for?

\_\_\_\_\_ secs

Who balanced for the longest?

\_\_\_\_\_

How long did the boys balance for?

\_\_\_\_\_

How long did the girls balance for?

\_\_\_\_\_

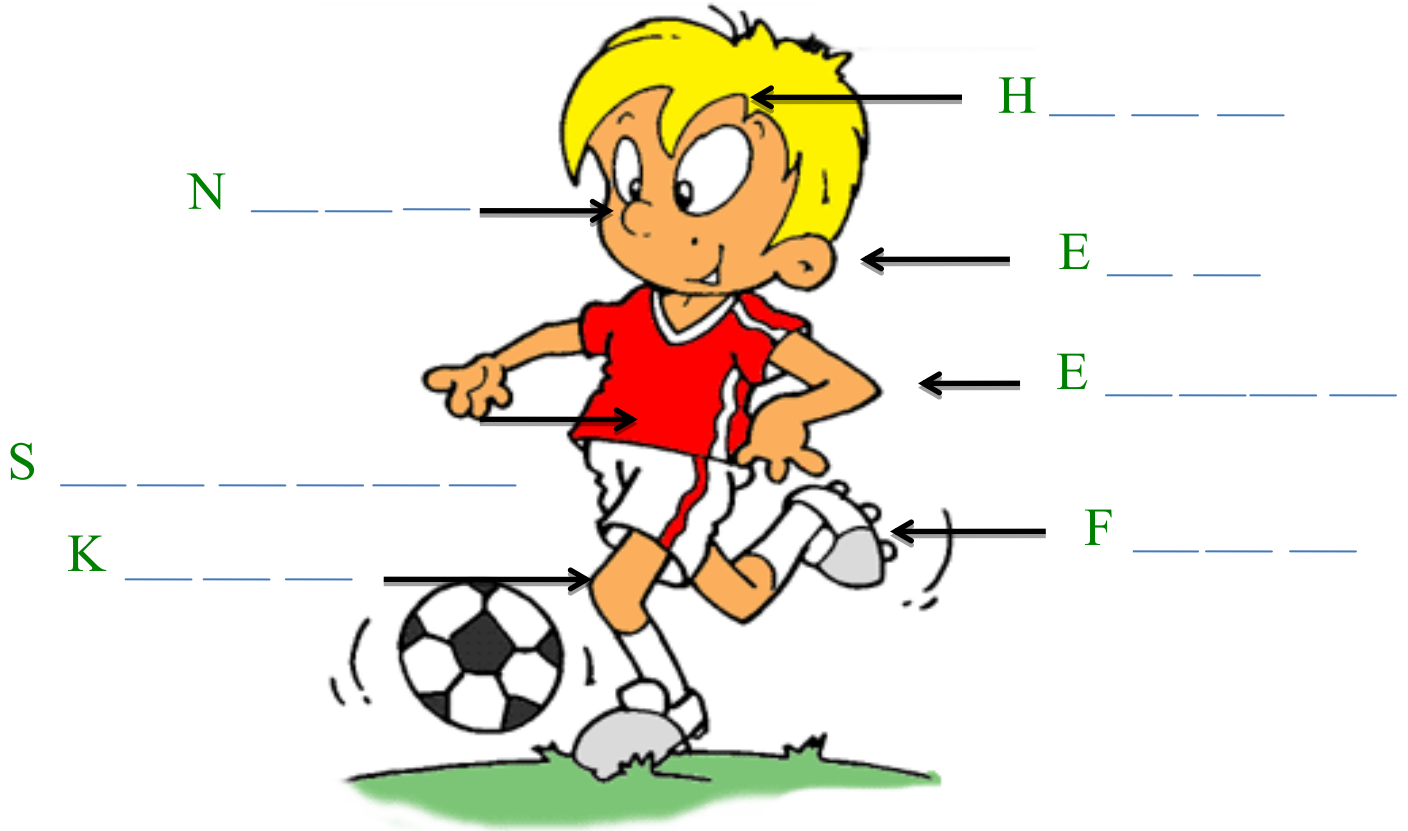
How long can you balance for on one leg without moving?

Have 3 goes and write down your best time! \_\_\_\_\_ secs



# Balance—Literacy

Name the body parts on the footballer below!



Describe your favourite body parts you used to balance on and why! ( Example two hands and two feet)

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## Ball familiarisation—Literacy

**CROSSWORD:** Find the words in the box below.

A	T	H	R	O	W	I	N	G	K
T	C	L	A	P	P	I	N	G	I
O	A	I	G	N	S	G	D	T	C
E	S	S	G	E	L	L	O	R	K
T	A	T	B	A	L	L	D	D	I
A	N	F	E	E	T	A	F	L	N
P	G	K	G	P	C	C	U	K	G
S	E	S	K	H	A	N	D	S	K

**BALL**  
**CLAPPING**  
**FEET**  
**HANDS**  
**TOE TAPS**  
**ROLL**  
**KICKING**  
**THROWING**  
**LEGS**





# Ball familiarisation—numeracy

Draw circles around these rugby balls to group them into 2's.

Write down how many groups there are and how many rugby balls there are altogether. The first one is done for you.

groups of 2=

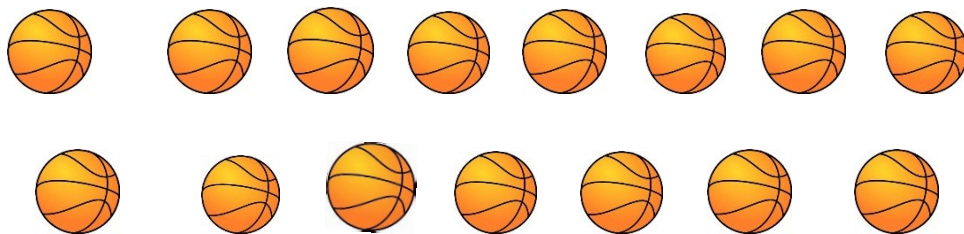
rugby balls.



Draw circles around these basketballs to group them into 3's. Write down how many groups there are and how many basketballs there are altogether.

groups of 3=

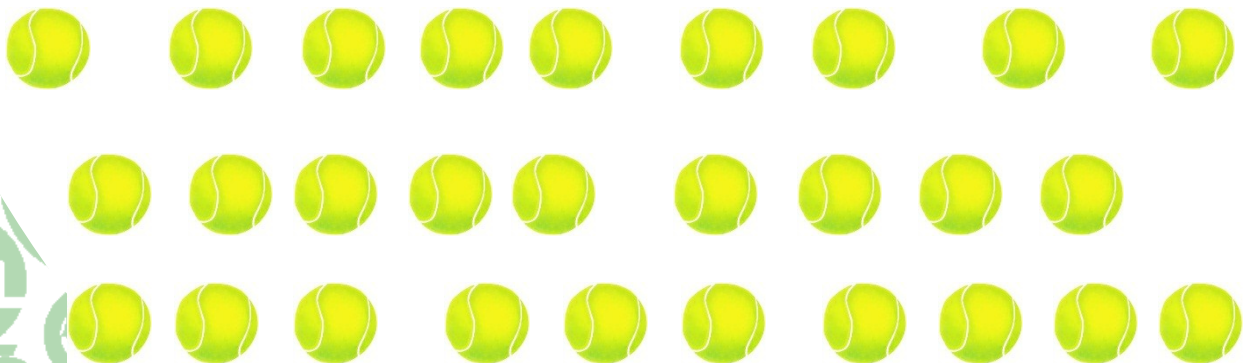
basketballs.



Draw circles around these tennis balls to group them into 4's. Write down how many groups there are and how many tennis balls there are altogether.

groups of 2=

tennis balls.



Twister

# Co-ordination—Numeracy



1. In a session a pupil touched cones with their right hand 8 times and 6 times with their left hand.

What is the total number of cones they touched?

Answer:

2. In the same session another pupil touched cones 7 times with their right hand and 5 times with their left hand and then another 4 times with their right hand. How many cones did they touch in total?

Answer:

3. Another pupil claimed they could touch twice as many cones as the answer to question 1.

How many cones did they claim they could touch?

Answer:

4. Five pupils had the scores below. Add them together to find the total number.

$$6 + 2 + 5 + 3 + 4 =$$

Answer:

5. Three other pupils touched double the number of cones as question 4. How many cones did they touch?

Answer:

6. Add together all your answers for question 1 to question 6.

Answer:

7 How many cones would you touch if there were 10 cones and you touched them all with both of your hands?

Answer:

Box colours

# co-ordination—Literacy



complete the sentences by filling in the missing words from the box below.

I h\_\_\_ my partner shout a colour and I touch that colour of cone.

At first I must use my closest h \_\_\_ to touch the c \_\_\_.

My f \_\_\_ must move to help me t \_\_\_ towards the correct cone.

I touch the cone on my right s \_\_\_ with my r \_\_\_ hand.

There are four different c \_\_\_\_\_ of cone.

When listening to your partner you are working in p\_\_\_\_\_.

Hea\_\_\_, ey\_\_\_\_\_ and t\_\_\_\_\_ are the three senses we use in this activity.

hearing pairs side feet

hear colours touch cone

right eyesight turn hand

Box colours

# Dribbling—Literacy



Can you fit the words into the paragraph about dribbling?

inside	turns	sole	head	close
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Good dribblers keep the ball close to them, and use many different parts of the foot. We can use the \_\_\_\_\_, outside, laces and \_\_\_\_\_ of the foot. It is always good to practice with both the right and left feet. Players who are good at dribbling will practice a lot of different \_\_\_\_\_ and skills to help them keep the ball away from the other team. It is very important footballers keep the ball \_\_\_\_\_ to them whilst dribbling. They must also remember to keep their \_\_\_\_\_ up and look for space.

Name a game we play to practice our dribbling skills. Explain the rules and how the game is played.

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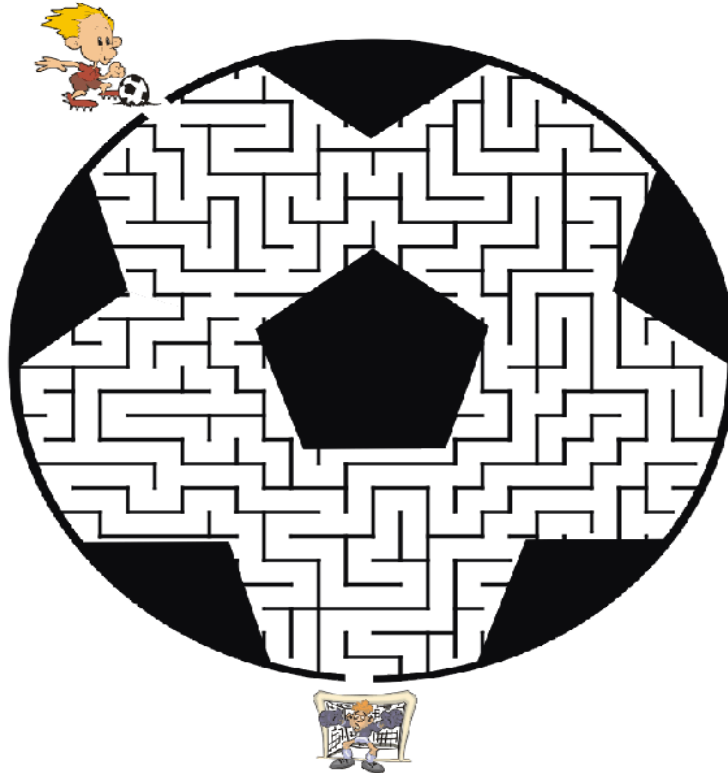
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# FMS—Literacy 1



**Peggy and her friends are playing Gates. Work out how many points each player has.**

**Peggy gets 2 points for each gate and dribbles through 8 gates.**

**Tom gets 5 points for each gate and dribbles through 6 gates.**

**Elaine gets 4 points for each gate and dribbles through 10 gates.**

**Chris needs 21 points to win, if he gets 3 points for each gate, how many gates does he need to dribble through?**

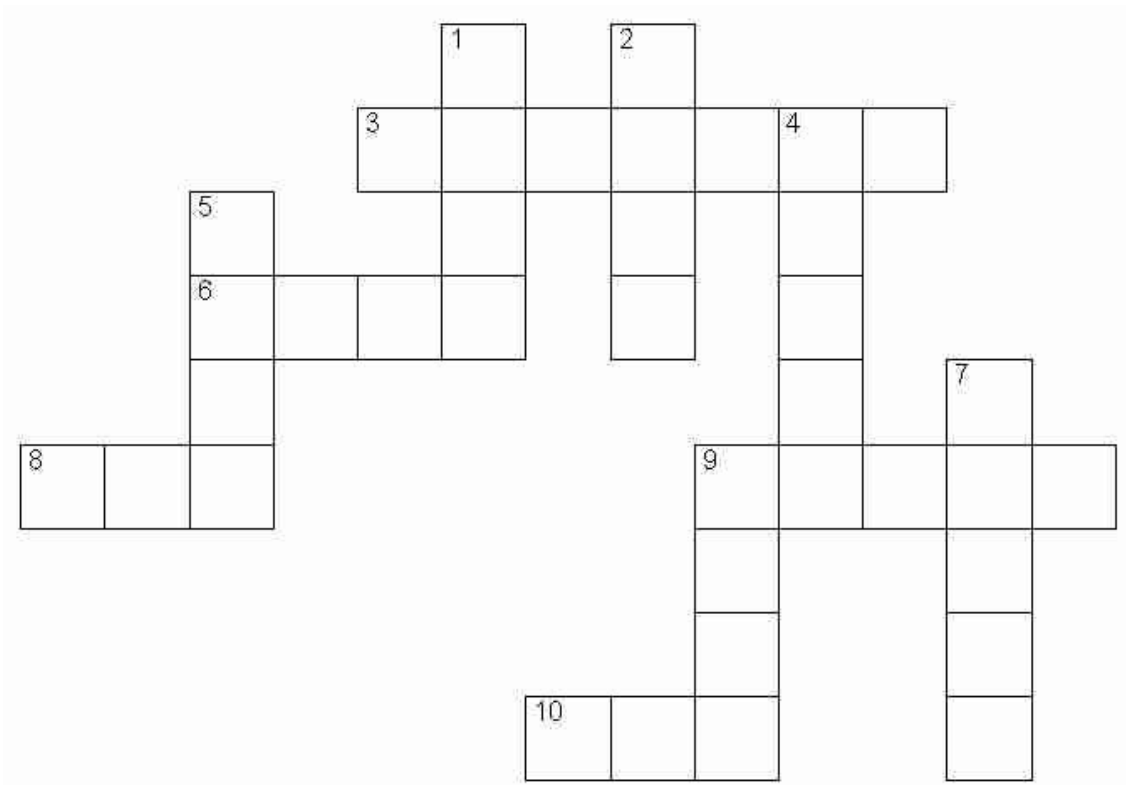
**Robert dribbles through 5 gates on his 1<sup>st</sup> go, 7 on his 2<sup>nd</sup> go and 6 on his 3<sup>rd</sup> go. How many gates does he dribble through altogether?**

# FMS—Literacy 2



## Fundamental Movements!

can you solve the clues and write in all the different skills and movements?



### Across

- 3 If you cant do this you will fall over!
- 6 moving the ball with our foot
- 8 Bouncing on one foot
- 9 A way to pass the ball with our hands
- 10 Jog or sprint

### Down

- 1 How we move everyday, not too fast!
- 2 we must do this safely after we jump
- 4 using our hands to control a ball in the air
- 5 we can do this with or without a rope
- 7 quick change of direction to avoid someone
- 9 changing direction

# FMS—Numeracy



Can you work out what number the Children land on? Show your sum for each question.

21	22	23	24	25	26	27	28	29	30
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**Example.**

**Samantha stands on number 21, she hops 3 spaces forwards, and jumps back 1.**

$$21 + 3 - 1 = 23$$

**Answer 23**

**David stands on 23, he walks back 2 spaces and then runs forward 6 spaces**

**Answer:**

**Jenny starts on 30, she rolls backwards 4 spaces and walks back another 2 spaces.**

**Answer:**

**Harry starts on 25. He skips forward 3 spaces, hops back 1 and then marches back another 3 steps.**

**Answer:**

**Christine stands on 21 and kicks a ball, it rolls forwards 7 spaces.**

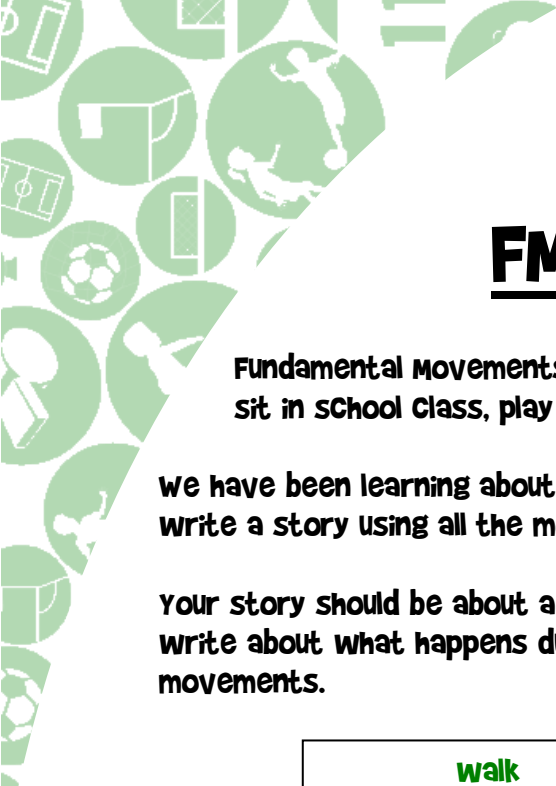
**Answer:**

**Mark starts on 22, he jumps over 2 spaces at a time. How many jumps does Mark do to land on 30?**

**Answer:**

**Tony starts on 28, he throws the ball to Jessica who is 6 spaces away, what number is Jessica on?**

**Answer:**



# FMS—Numeracy 2

**Fundamental Movements are the skills we use everyday, not just in sports but as we sit in school class, play our games and even when we eat our dinner!**

**We have been learning about and practicing our fundamental movements in class. Can you write a story using all the movements listed below.**

**Your story should be about a day in your life (you can use as much imagination as you like!), write about what happens during the day, and make sure you use all the different movements.**

walk	run	dodge	jump	hop
skip	land	balance	turn	throw
	kick	catch		

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