

EQUIPMENT:

Cardboard, colouring pencils

ACTIVITY:

Create your own FIFA card

To do this, use the template (right) to cut out the card. You can then add a picture, name, nation, team, etc

But don't put your scores in we will do this in part 2 of the activity

Get a grown-up to help you when cutting out



EQUIPMENT:

Socks, basket, timer, pen, paper, 3 different coloured items, the FIFA card you created in part 1

ACTIVITY:

Complete the 6 activities below and add your score to your FIFA card

Pace - mark out a 5 metre distance. How many times can you run there and back in 1 minute?

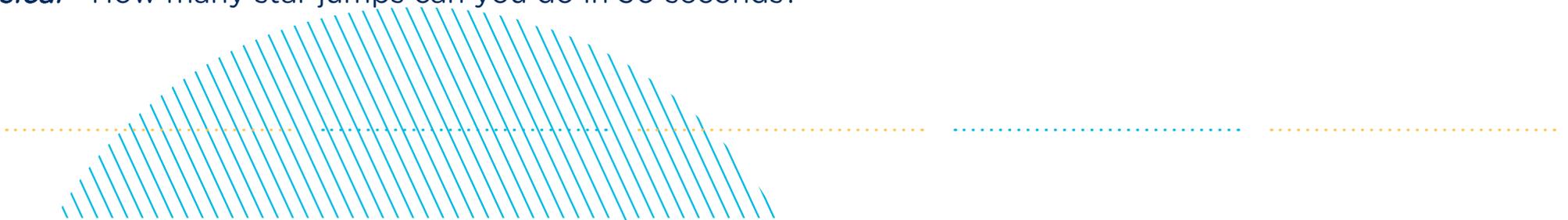
Shooting - place your basket 5 meters away from you, how many times can you throw your socks (1 point for each successful attempt) or kick your socks (2 points for each successful attempt) into the basket in 2 minutes?

Passing - you will need a partner for this one. How many times can you throw the socks between you and a partner in 1 minute? If you haven't got a partner, how many times can you throw the socks in the air and catch them in 1 minute?

Dribbling - put 5 socks out in a straight line with a small gap in between each one. How many times can you run in and out of all of the socks in one minute? If you have a football you can try dribbling in and out

Defence - put 3 coloured items down on the floor, when your partner shouts colour you have to touch the colour as quickly as you can. Your partner can give you a score out of 10 for your speed

Physical - How many star jumps can you do in 30 seconds?



EQUIPMENT:

Pen, paper

ACTIVITY:

Can you make a list of 26 items in your house that start with each letter of the alphabet

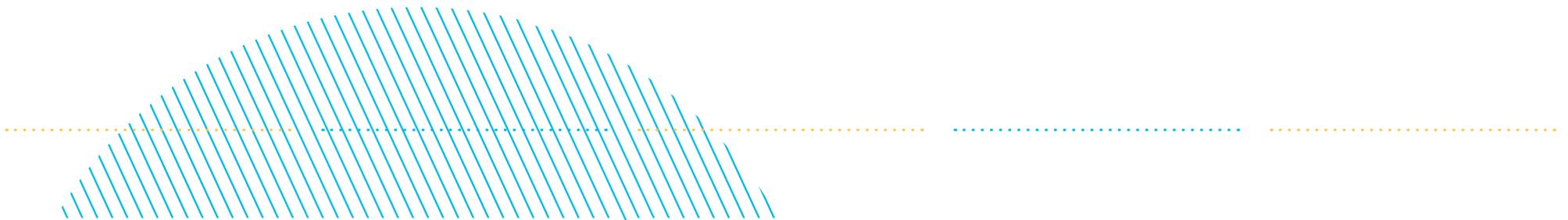
Challenge someone else in your house and see who can get the 26 items the quickest

You get a bonus point if it is Manchester City related!

PROGRESSION:

Instead of writing the list, you have to draw a picture of each item instead

Challenge a household member, 1 letter at a time you have to run and get the item and bring it back - whoever comes back first with an item gets the point



EQUIPMENT:

Dry pasta, glue, paper plates or paper card, paints and paint brushes or colouring pens

ACTIVITY:

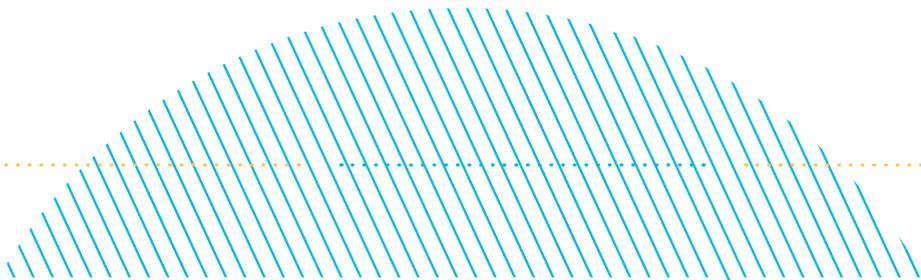
Get a base ready that you will stick your pasta onto (paper plate, paper)

Then choose which types of pasta you will need and start colouring/painting them to match up with your picture idea

Once the pasta has dried, use the glue to stick the different pasta parts onto your base and watch as your picture comes to life

PROGRESSION:

Use different material e.g. glitter, felt to create your design



EQUIPMENT:

Pencils, colouring pens, football pitch template

ACTIVITY:

Can you think of 11 players that you would put in your football team?
Remember to include players that play in all positions, one must be a goalkeeper

Can you think of a name for your football team?

What colour shirts would they wear?

Can you pick a manager who you would like to manage your team too?

Can you design the football kit they would wear and the stadium they might play in?

