

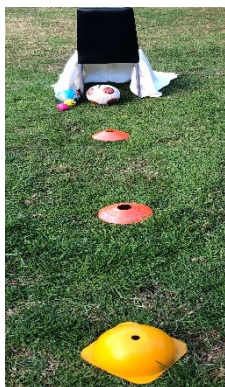
PE Lessons: Ball skills Lesson 1.

Kicking.

Equipment: soccer ball and goal.



Alternative equipment. A sheet or towel over a chair to make a goal. Any size or shape ball.



Students will kick a ball into a goal to see how many times they can kick the ball into the goals out of 10.

Starting at 1 metre from the goals, then 2 metres from the goals and then 3 metres from the goals.