



MAIN ACTIVITY

GAME

Football Obstacle Course

Autumn 2 – Week 7

LEARNING OUTCOMES:

- Gross motor skills.
- Head up while dribbling.
- Balance, agility and footwork
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: Expressive.

TIME:

10 mins.

EQUIPMENT:

Footballs and any of the equipment listed below.

SAFETY:

Be careful not to slip or trip on obstacles. Not a race so be careful of other players.

SET-UP:

Set up a start and finish line. Place obstacles around the room making use of the entire area.

DESCRIPTION

Your obstacle course can contain any equipment from your resources box. Once set up the children continuously dribble around the course. Examples of obstacles could include: Agility ladder, agility rings, cricket stumps, bases and poles, bean bags, hoops, maze of cones and a goal at the end.

PROGRESSION/VARIATION

1. Increase difficulty with more equipment.
2. Increase difficulty by making area smaller.
3. Increase difficulty by returning to start if the children hit any equipment.
4. Give the children lives and they lose a life if they hit any of the obstacles.