

PE Skills

This week we want you to focus on kicking a ball.

For this ideally, you need a football sized ball and a partner.



Please try and practise by kicking the ball to your partner gently take a look at the two different ways to kick in the link below. Your partner tries to stop the ball by putting their foot on top of the ball to stop it fully and then send it back. Remember this is kicking and stopping the ball using our feet not our :



[How to Kick a Soccer Ball for kids | Easy fundamental movement skills for preschoolers - YouTube](#)

Have Fun