

SUPER BOOT

PLAYERS SCORE POINTS BY KICKING OVER LINES OR AT TARGETS IN A DEFINED AREA. PLAY IN SMALL GROUPS



5 MINS

SKILLS FOCUS

KICKING

EQUIPMENT AND SET UP

1. 10+ Rugby balls
2. 8+ marker cones to define the kicking area
3. Targets e.g. bags, bibs/sashes, hoops.

AUSTRALIAN CURRICULUM LINKS

LEARNING AREA:

Health and Physical Education

STRAND:

Movement and physical activity

SUB-STRAND:

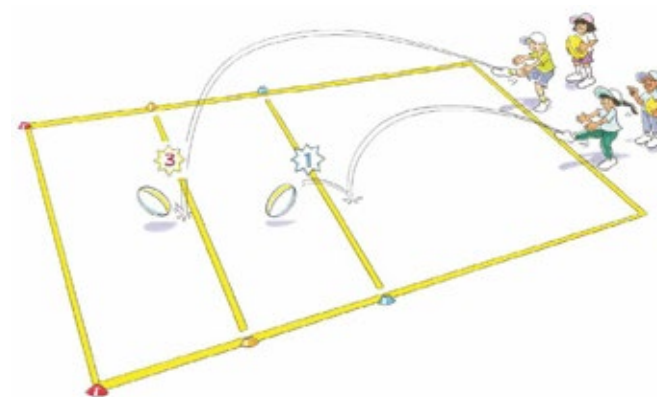
Moving our body, Learning through movement

FOCUS AREAS:

Active play and minor games, Fundamental movement skills

WHAT TO DO

1. Organise players into groups parallel to each other facing the field.
2. Call 'Kick!' and one or two players in each group kick the ball into the playing area.
3. Players score their kick based on which line it lands over or target they hit.
4. The remaining players in each group kick their balls and note their score.
5. Call 'Collect!' to instruct all players to collect their ball and the next round begins after all team members are behind the starting line.



TEACHING TIPS

- Encourage players to hold the ball with the bottom point ready to drop onto the top of their shoe laces
- Encourage players to extend their foot by pointing their toes at a target

VARIATIONS

- Groups or individuals score their kicks to achieve a personal best
- Players can choose to perform a drop-punt, drop-kick or place kick
- Use a range of targets e.g. hoops, baskets, bags, bibs/sashes, witches hats

QUESTIONS FOR UNDERSTANDING

- What things does your body need to do to be able to kick your ball near a target?
- What can you do to help you kick for distance?
- When might you need to do a short kick or a long kick in a game?

FAIR PLAY OPPORTUNITIES

- In mixed ability groups, more able players must kick further to achieve the same points as other players
- If players are having difficulty, they can kick the ball off a marker cone
- Encourage positive comments by all students