

KIDS ROLL A DICE WORKOUT

All you need is a dice and your body



1: Do 5 squats



2: High knees for 20 seconds



3: Can you balance on one leg for 10 seconds?



4: Jog on the spot for 20 seconds



5: Do 10 star jumps



6: Touch your toes and stretch up really tall 5 times





THROWING AND CATCHING CHALLENGE

Equipment: balls, bean bag or even socks if at home



Level 1: Throw, catch 10 times (to make harder try one-handed)

Level 2: Throw, clap, catch 10 times (to make harder try 2, 3 or 4 claps)

Level 3: Throw, touch head and catch

Level 4: Throw, touch head, then knees, then catch

Level 5: Throw, touch head, knees and toes, then catch

Additional challenges:

Object on foot then flip it up and try to catch

Throw object and try to land it on your back

Put object between both feet, flick it up and try to catch it



Foundation

I CAN DO THIS FITNESS!

How many of each of these fitness activities can you do in 30 seconds?

Try this once a week and see if you can beat your score

Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.

What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.



squat



How many times can you hop on one foot?

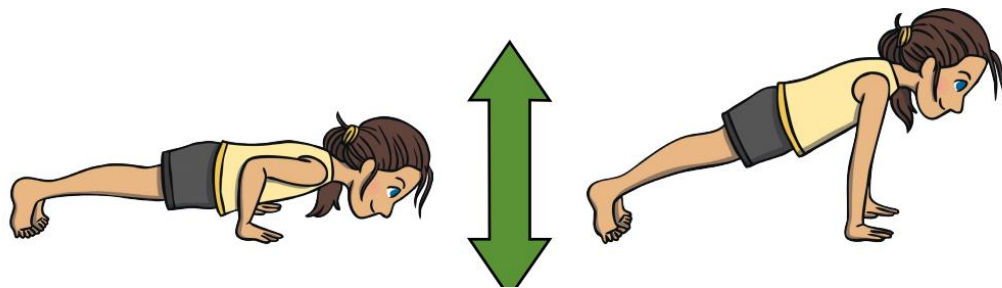
Jogging

Jog from one point to another and try your best to keep the same pace.



Press-Ups

You can put your knees on the floor to make the move easier.



arm circles



How many times can you bounce a ball?



jumping jacks



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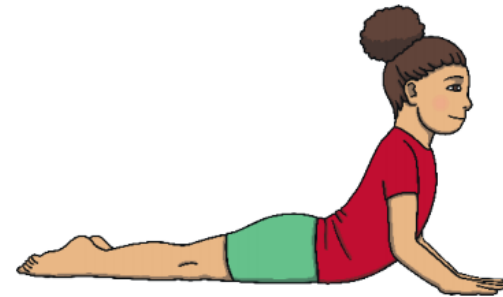
TRY YOGA

Can you hold these positions?

10 seconds for Keys Stage 1, 20 seconds for Key Stage 2



tree pose



cobra pose



butterfly pose



elephant pose



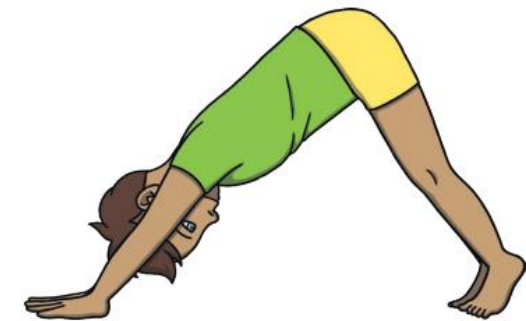
warrior pose



cow pose



shoulder stand pose



downward facing dog pose



TARGET PRACTICE

Throwing or kicking

Equipment needed: beanbag, ball or socks and a target, ie a goal, a bin, some cones or whatever you can find

Set yourself up your own target to practise your aiming when throwing or shooting

TOPS TIPS:

- **Throwing:** use your non-throwing arm as your **aiming arm** of where you want the object to go – also think about the **power** of your throw
- **Kicking:** think about the part of the foot to use. **Side** of foot for more **accuracy**, **laces** for **power** and to **chip** the ball of the ground. Make sure you use your non-kicking foot as the aimer and to keep you balanced

Every time you knock a target down or get it in a target give yourself **1 point**

Challenges:

- See how many points you can get in 60 seconds
- When you get 5 points move your target further away
- Make the target bigger if it's too tricky or make the target smaller if too easy
- Play it with a friend or a family member and see who can get most points



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No Look Challenge

Do you have **eyes** in the **back of your head**? Can you see things **other players don't**? **Without even looking**?!

The **No Look Challenge** can be a number of things:

- Can you **pass a ball with your foot** into a **target blindfolded/without looking**?
- Can you **underarm throw a ball/soft object** from **your chest, over your head** and **quickly move your arms** to **catch it behind your back**?
- Keeping your **head perfectly straight** and **looking forward**, can you **throw a ball/soft object** with **your right hand, over your head**, and **catch it in your left hand**?
- Can you **throw and catch a ball/soft object blindfolded**?

Can you make the **No look Challenge easier or harder**?:

- Do you need a **bigger object** to make it **easier**? Do you need a **smaller object** to make it **harder**?
- **How many times** can you do it in **10 attempts**?
- **How many times** can you do it in **60 seconds**?
- Can you throw or catch **with 1 hand**? Try your **non-writing hand only**?



Equipment:

- A ball/soft hand-sized throwing object



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The Bruno Fernandes Skipping Penalty

Bruno Fernandes skipping penalty technique fools even the greatest of goalkeepers in the world, can you practise to do it to?

Preparing the legs:

- Warm-up: **skip** around singing the words to “**Glory, glory Man United?**”
- Can you **balance on one leg for 60 seconds**? How about **your other leg**?
- How many **hops** can you do in **20 seconds**? How about **your other leg**?

The Run-up:

- Using **2 markers**, place **one marker on the ground** and **balance on it with one leg**. **Hold the other marker in your hand**. **Jump** as far as you can and **land on the other leg**. Put the **marker down sideways** to **where your foot landed**.
- Now try it with a **little run up before you jump** from your **first marker**.
- **How far** can you get in **3 attempts**? Can you try **your other leg**?

The Penalty:

- From what you’ve already practised, can you now **try to kick a ball** using a **run-up, skip and kick the ball** technique?
- Try just the technique with **no target**.
- When you’ve comfortably done it **3 times** add a **target/goal** to try and **hit with your ball kick**. (Can make a goal by putting **2 water bottles 5 steps apart**?)
- Can you find **3 empty water bottles**, put them **5 steps away** from the ball in **3 different spots** and try to **knock them over**?
- **How many tries** did it take you? Can you **move them further away**? Can you try **kicking with your other foot**?



Equipment:

- A ball
- 2 flat markers
- 3 empty water bottles



Body Balancing

*How well do you know **your own body**? Are you as **steady** as a soldier or as **wobbly** as jelly?*

Here are some **small, soft, random items** you might **find around your house** (feel free to add any safe things of your own!):

1) A pillow 2) A plastic coaster 3) A shoe 4) Toilet roll 5) A piece of fruit 6) A Ball/Ball of socks (four tucked inside other)

Can you balance any of these items for 10 seconds?

- A) On the back of your hand
- B) On your shoulder
- C) On your foot
- D) On your back
- E) On your head

When you've completed 1-5, move up a level:

Level 1: Standing still

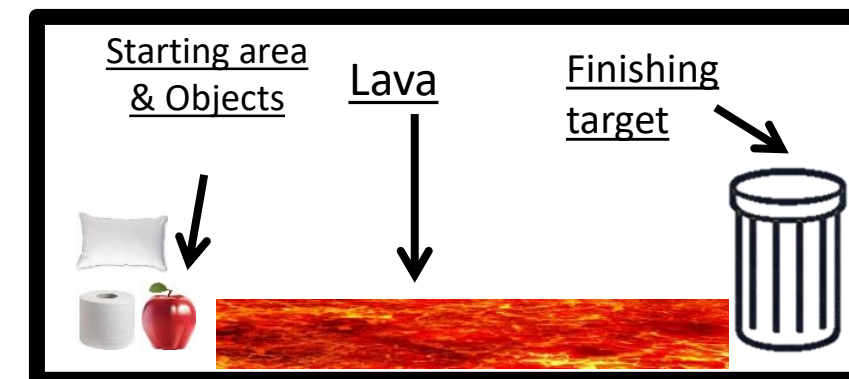
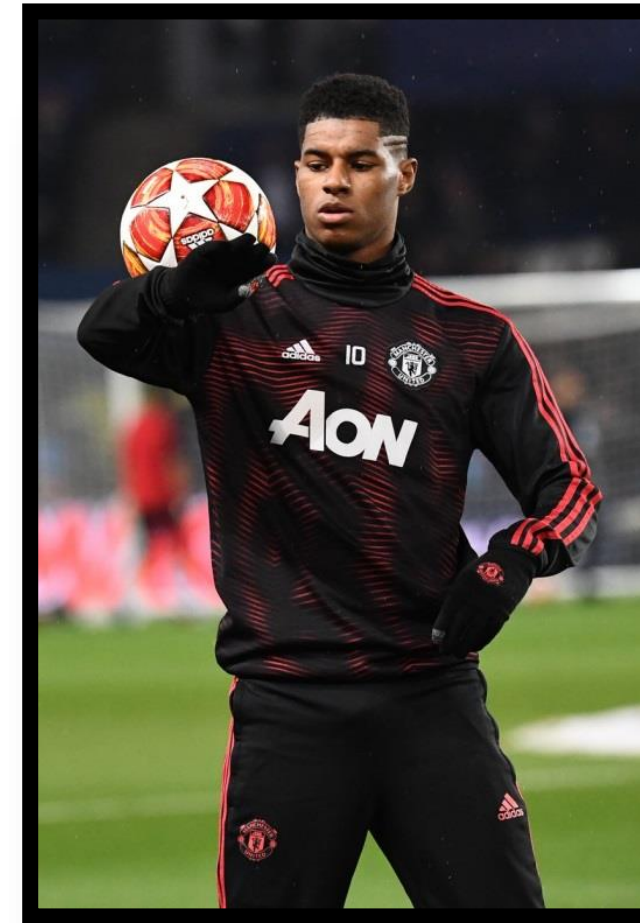
Level 2: Walking

Level 3: Jumping up and down

Challenge: The Floor is Lava! (Pictured right)

You are allowed in the lava, but your objects aren't!

- Can you find **8 different small and soft objects** (similar to the ones at the top) to **carry from one side of the room** and put on/in a **finishing target?** (**This might be a basket/bowl/box/chair**) without the object touching the lava/floor?
- Can you now try it again, but **use a different method from 1-5 above to balance/carry each object** across the lava and into your finishing target?



Equipment:

- 8 random soft, safe small/medium sized objects
- basket/bowl/box



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Fast Feet

Footballers need to have fast feet to avoid being tackled by the opposition. Can you improve the speed of your feet in a small space to be quicker than the rest?

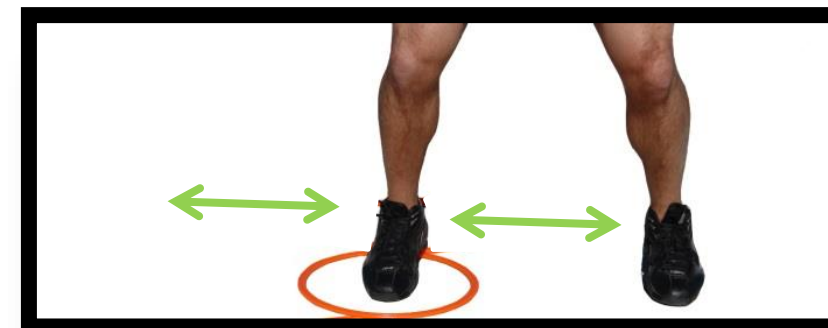
Using a circle (you could use a hoop or a couple of t-shirts/trousers to make a circle shape on the floor):

- 1) Start **in the circle**. **Jog on the spot** for 3 seconds, **sprint on the spot** for 3 seconds. Repeat 3 times and rest.
- 2) Start with legs wide **outside the circle**, one on each side. **Hopscotch** pattern – **right foot hop in, both feet out, left foot hop in, both feet out**. Half pace for 3 seconds, full pace for 3 seconds.
- 3) Start **outside the left side of the circle**. **Left foot always stays out, right foot changes in and out of the circle after every step**. Jog for 3 seconds, sprint for 3 seconds. Repeat 3 times. Change feet by starting on the right side of the circle and doing left foot only goes in.
- 4) Start at the **right side outside of the circle**, put **left foot in followed by right foot, then left foot out, followed by right foot out**. **Reverse the pattern back to the other side**. Jog for 3 seconds, sprint for 3 seconds.
- 5) **Start at the back outside the circle. Step one foot forward in the circle, followed by the other foot, then the same foot forward out the front of the circle. Repeat the process moving backwards in and out of the back of the circle**. Jog for 3 seconds, sprint for 3 seconds.
- 6) Run around the circle with lots of tiny steps. Jog for 3 seconds, sprint for 3 seconds. Reverse direction.

How can I make it easier/harder?:

- To make it easier, make the half pace 5 seconds and the full pace 2 seconds.
- To make it harder, make the number of attempts and full pace time longer. E.g. repeat 5 times, work for 5 seconds.

Key tip: To avoid hitting/dragging the hoop/circle, lift knees up after stepping and push off toes. Remember to use swinging arms to help pace yourself.



Equipment:

- A hoop/soft objects to make a foot size hoop



Foundation

Manchester United Foundation Activity Card

Activity: Fitness Circuit KS1.

What it is: Complete a 5-station circuit that you can do for 20 seconds each with a 10 second rest in between each station.

Equipment: You just need a safe space and suitable footwear.

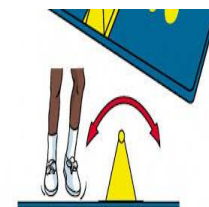
Coaching points: Bend your knees and keep your balance for each movement.

Easier and harder: To make easier shorten the time you perform each station and to make harder extend the time you perform each station.

Ideas: Be creative and come up with your own movements for the stations.

Stations:

1. **Bunny jumps:** How many bunny jumps can you do in 20 seconds?
2. **Skipping:** Can you skip round an area for 20 seconds without stopping?
3. **Tuck jumps:** How many times can you do a tuck jump on the spot in 20 seconds?
4. **Speed bounce:** How many times can you jump left to right in 20 seconds?
5. **Tiptoe:** How many times can you tiptoe round without stopping in 20 seconds?



Manchester United Foundation Activity Card

Activity: Dynamic Stretches KS2.

What it is: Dynamic mobility stretches you can do with the ball. Each stretch is done for 10 seconds. Make sure the movements, where possible, are dynamic and with a rhythm almost as though you are dancing, so be on your toes.

Equipment: A ball, a safe space and suitable footwear.

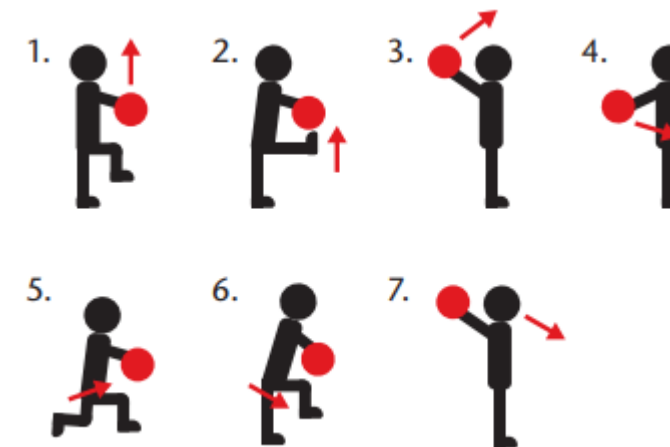
Coaching points: Bend your knees slightly and keep your balance for each movement having a strong core.

Easier and harder: To make easier shorten the time you perform each movement and to make harder extend the time you perform each movement.

Ideas: Be creative and come up with your own movements with the ball.

Movements:

1. Touch ball with thigh for hip flexors.
2. Touch foot with ball for hamstrings.
3. Work ball back and forwards for trunk flexibility.
4. Work ball side-to-side for trunk.
5. Lunge with ball under control.
6. Move ball under legs and alternate.
7. Touch ball on inside of foot and then outside of foot.

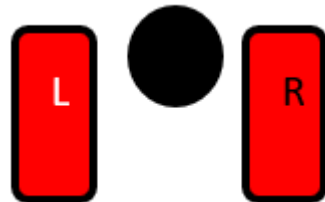


Manchester United Foundation Activity Card

1. Toe taps

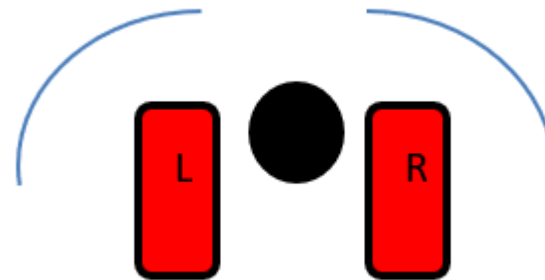
On the spot, use the inside of the foot (big toe side) to tap the side of the ball.

Use alternate feet, light touches, bend the knees up and down and be on the toes.



2. Toe taps half-turn

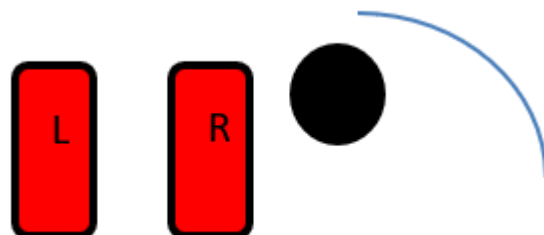
On the spot, using the inside of both feet, tap the ball alternately. Turn the body to the left, then back to the centre, then right and the same again. Bend the knees, be on the toes and use light touches.



3. Rainbow

On the spot, the ball starts on the outside of the right foot. Use the outside of the right foot to outline the ball from the bottom (little toe side), over the top (sole of foot) and down the outside (big toe side). Knock the ball back towards the left foot and stop it, then repeat the outline with the left foot.

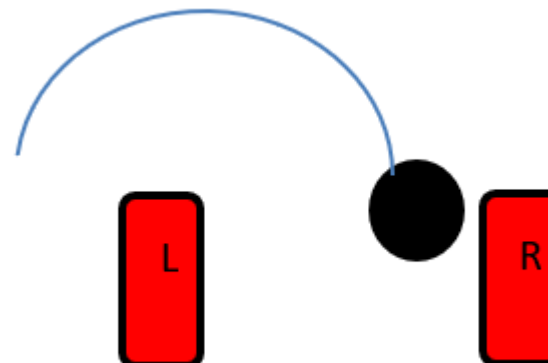
Bend the knees, drop the shoulders, use light touches and be on the toes.



4. Inside foot roll across

On the spot, use the sole of the foot under the toes, roll the ball across the body from left to right and right to left.

Bend the knees, drop the opposite foot.



Activity: Ball Manipulation Skills KS1 & KS2.

What it is: Ball manipulation movements with the ball.

Equipment: A ball, a safe space and suitable footwear.

Coaching points: Bend your knees slightly and keep your balance for each movement, having a strong core and be on the ball of your feet.

Easier and harder: To make easier perform the skill on the spot and to make harder perform the movements on the move and combine movements together.

Ideas: Be creative and come up with your own movements with the ball.

Manchester United Foundation Activity Card

Activity: Fitness Circuit KS2.

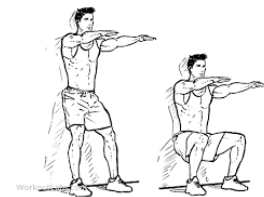
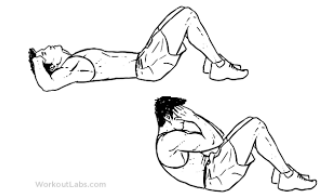
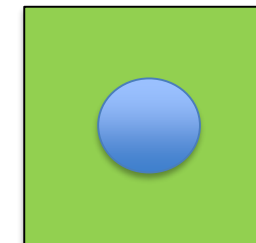
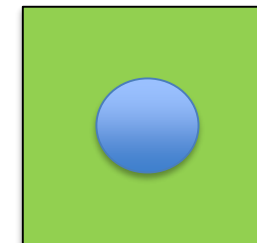
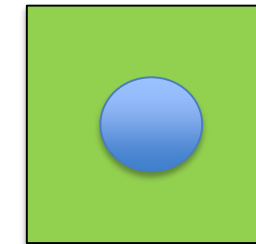
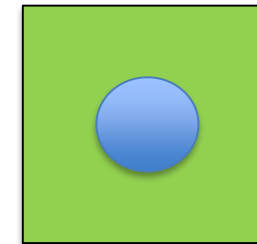
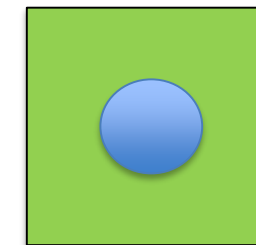
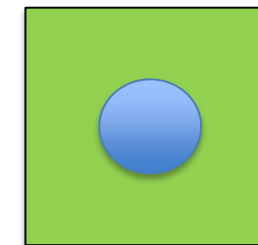
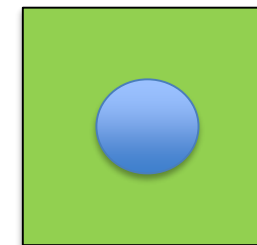
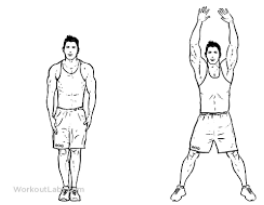
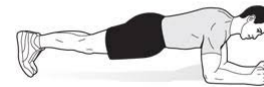
What it is: Complete an 8-station circuit that you can do for 20 seconds each with a 10 second rest in between each station.

Equipment: Socks, a safe space and suitable footwear.

Coaching points: Bend your knees and keep your balance with a strong core for each movement.

Easier and harder: To make easier shorten the time you perform each station and to make harder extend the time you perform each station.

Ideas: Be creative and come up with your own movements for the stations.



Stations:

1. **Press ups**
2. **Star jumps.**
3. **Plank.**
4. **Speed bounce.**
5. **Sit ups.**
6. **Jog on the spot.**
7. **Wall sit.**
8. **Rest.**



Foundation

Manchester United Foundation Activity Card

Activity: Passing Practice KS2.

What it is: Passing activity to develop control and accuracy when passing using the push pass technique.

Equipment: A ball, wall and 3 targets, a cone, a safe space and suitable footwear.

Coaching points: Standing foot next to ball with toe facing target, knees slightly bent and with kicking foot use inside of foot to hit ball and follow through. Be on your toes to react.

Easier and harder: To make easier throw and catch or bounce and catch and to make harder use opposite foot or a longer distance.

Warm up:

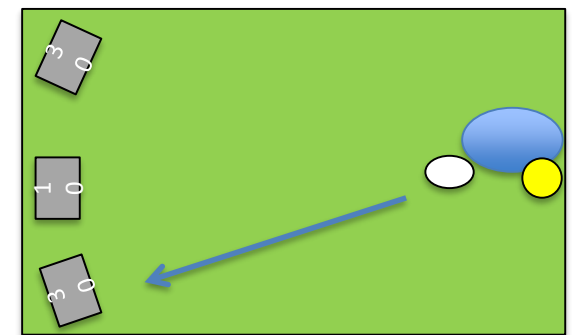
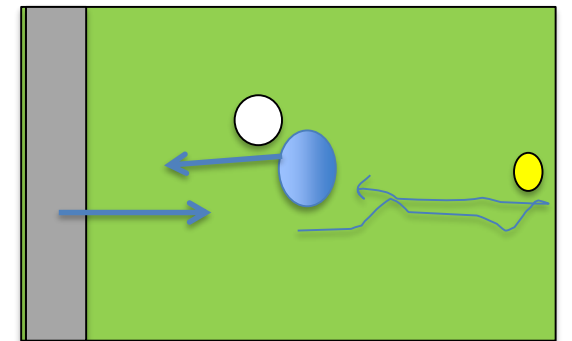
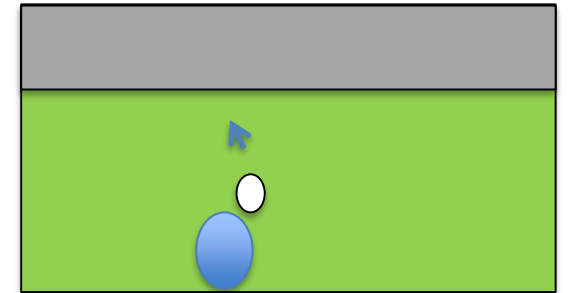
- Ball and wall alternating feet, touch and pass or no touch just pass.

Pass and receiving:

- Similar to warm up but now set a cone away and on receiving check shoulder, open up, receive on back foot and take away to cone, then back and repeat. Alternate feet.

Target game:

- Set up 3 target gates any size and step 5-10 yards away. Aim using push pass to pass through targets. Double points each time score with opposite foot.



Foundation

Manchester United No 7 Challenge

Can you do a kick up with your **right foot** followed by your **left foot**?

Then can you keep the ball up with your **right knee** followed by your **left knee**?

Then move up the body to keeping the ball up with your **right shoulder** then the **left shoulder**.

To complete the challenge can you **head** the ball?

Progressions or adaptations:

- Use your **hands** between each keep up.
- **Limit** the amount of **catches**.
- Use **different sizes** of balls to try the challenge.
- **Time** yourself, then see if you can **beat** your previous score.



Foundation

Manchester United Team Challenge

Can you do the **challenges** to work your way up the pitch to **score** a **goal**?

- 1** - Throw the ball, spin and catch.
- 2** - Throw the ball, clap 2 times and catch.
- 3** - Do 3 kick ups with your feet.
- 4** - Throw the ball and catch 4 times in a row.
- 5** - Bounce the ball 5 times.
- 6** - Do 6 toe taps.
- 7** - 7 step overs.
- 8** - Roll the ball around both legs to make the figure 8.
- 9** - Roll the ball with your feet to make the number 9.
- 10** - Balance the ball on a body part for 10 seconds.
- 11** - Dribble the ball with both feet and count to 11.

Progressions and adaptations:

- Start on **3 points** and get **1 point** for every challenge **completed**.
- On the throwing challenges, if the ball **drops** to the floor you **lose** 1 point.
- On the challenges with your feet, if the ball **leaves** your area you lose 1 point.
- Set yourself a **time limit** and try and complete in the time.
- What is the **fastest** time you can complete them all?



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Four in a Row

Two players, two balls and one dice.

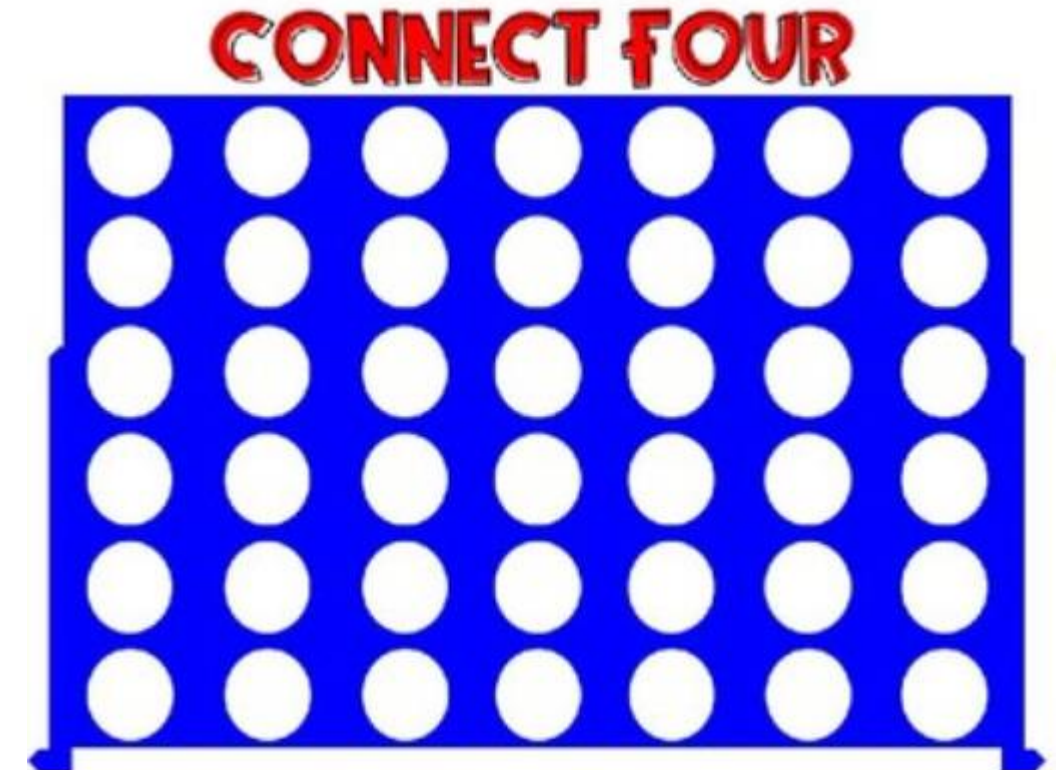
The **aim** for the player is to win the dice task and **select** a section. If the can get **4** sections in a row they **win**.

Players **attempt** the following if that **number** is rolled:

- 1 – Rock, Paper, Scissors with the **best** out of 5 winning the section.
- 2 – Which player can **balance** on 1 foot for the **longest**.
- 3 – Which player can **throw and catch** the ball the **most** in 30 seconds.
- 4 – Which player can **bounce the ball** the most times **under control** in 1 minute.
- 5 – Players **throw the ball** to each other and catch it. If a player **drops** it they lose a point. The player with the **most** points in 1 minute wins the section.
- 6 - Both players **balance** their ball on one hand and use the other hand to **knock** the other players' ball off. First to **3** wins the section.

Progressions and adaptations:

- **Vary** the **equipment** – different size of balls.
- If **no** ball you could use a pair of socks or a roll of toilet paper and **challenge 4** could be changed to who can jump the most in 45 seconds.
- Only use **one hand** in the throwing tasks and to **challenge** yourself more use your **non-preferred** hand.



Foundation

Manchester United Foundation Activity Card

Fitness Bingo:

How many of the skills can you successfully complete?

Once you complete a skill you can cross it out on the bingo board.

How to make it harder:

- ☐ Set a timer and see how long it takes you to fill the board. Once you get your time, try the skills again and see if you can beat your time.
- ☐ You must perform the skill 3 times in a row for it to count.
- ☐ Compete against a friend or family member. Who will call bingo first?

Balance on right foot for 10 seconds	5 toe-taps (Tap the top of the ball, alternating feet)	Balance an object on your foot for 10 seconds	Throw and catch a ball 5 times with your right hand only
5 step-overs (circles around the ball)	5 hops in a row	5 press ups	Hold a plank position for 30 seconds
Balance an object on your head and walk around the room for 15 seconds	Throw, clap, catch, 5 times in a row	Balance on left foot for 10 seconds	Throw, touch shoulders, catch, 5 times in a row
Throw, touch head, catch, 5 times in a row	5 sit ups	Throw, touch toes, catch, 5 times in a row	Throw and catch a ball 5 times with your left hand only

Manchester United Foundation Activity Card

Head, shoulders, knees and toes challenge:

Warm up:

- ☐ Throw and catch.
- ☐ Throw, clap and catch (increase the number of claps every time).
- ☐ Throw, touch head, clap.
- ☐ Throw, touch shoulders, clap.
- ☐ Throw, touch knees, clap.
- ☐ Throw, touch toes, clap.

Challenge time:

The challenge is to throw the ball up and try to touch your head, shoulders, knees then toes before you catch the ball.

- ☐ You will need to throw the ball quite high but making sure it is still under control.
- ☐ Slowly progress up through the body parts so start with throw, head, shoulders, catch and if successful then try to add knees and then toes.



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Manchester United Foundation Activity Card

Kick up challenge:

Warm up:

- ☐ Start with ball in hand – 1 kick up and catch (increase number of kick ups every time).
- ☐ Try to practise on both feet.
- ☐ Start with ball in hand – 1 knee up and catch (increase number of knee ups every time).
- ☐ Once again be sure to practise on both feet.
- ☐ Now practise doing a knee up to a kick up and then catch.

Challenge time:

The challenge is to start with the ball in your hands and do this kick up sequence: left knee, right knee, left foot, right foot and catch.



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