

KS1 PE mascot skill films

Active challenges

Get your pupils moving with these fun challenges inspired by the skills learnt in the mascot films. They are quick, easy and can be done at home or in school - make sure you show pupils the films first!

Balancing statues

The skill - standing balance and floor balance

Pupils are in groups of 2 or 3. They can dance on the spot or move around.

One pupil is the game master. The game master will choose the pupil who performed the balance correctly to take on the role. The game master gives the following instructions:



- **1 clap** - Pupils perform a standing balance.
- **2 claps** - Pupils perform a floor balance.
- **3 claps** - Pupils freeze in the position they are in.

Pupils should try and incorporate balances that a footballer might use e.g. one leg higher than the other to replicate taking a free kick. If they find it too difficult to use their entire body, they can use just their arms or legs.



Celebration dance routine!

The skill - dance movement

Creating a football celebration dance routine!

Pupils think of the different moves just shown in the video: push, twist, roll and spin.

In groups of 3-4, pupils string these different movements into a routine, creating a football team celebration dance routine.



Pupils should give their football team a name.

This is their 'celebration dance' for when their team score a goal.

One pupil could be the choreographer/manager and ensures the other pupils follow the routine.



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Lead the way

The skill - travelling in different directions

Optional equipment:

Cones, beanbags, a piece of string to be laid out as a road, items to be used as obstacles.

Pupils are in pairs and decide who is player A and who is player B. They create a 'road' using beanbags and cones. They can put obstacles along the way!

They are on their way to the football stadium, but they need to know which way to go. Player A guides player B



(one step forward, sidestep...) from start to finish, avoiding any obstacles.

Pupils swap roles and try it again. Did they make it on time to the game?

If pupils want more challenge, player B could wear a blindfold. This means player A must give clear instructions.

This can be done by walking, in a wheelchair, on their knees or shuffling! Anything which creates direction.



Letter shapes!

The skill - pencil and star shapes

Pupils make letters with their bodies.

In groups of 2-3, pupils make the pencil shape - what letter does this look like? (makes a capital I)

Pupils make the star shape - what letter does this look like? (makes an x)



How many letters can pupils make with their body?

Challenge - can pupils make the name of their favourite football player or football team? E.g. C H E L S E A

This can be done standing or lying down, using just arms or the whole body.

