

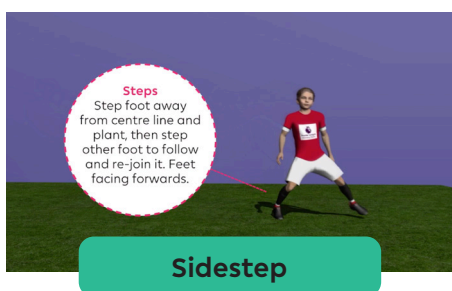
# Activity sheet

## Movement memory challenge

Football players warm up to practise different skills, prepare for training or a game and to stop them getting injured.

### Can you take on our movement memory challenge?

First, use the **videos** in the pack to master each of the six movements demonstrated by Marcus Rashford and some Premier League Primary Stars pupils.



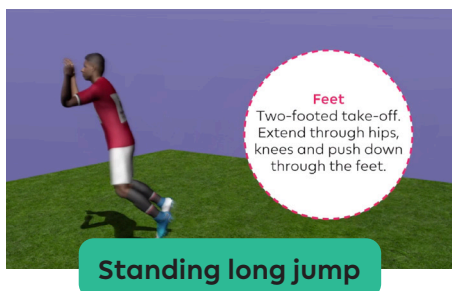
Sidestep



Giant step



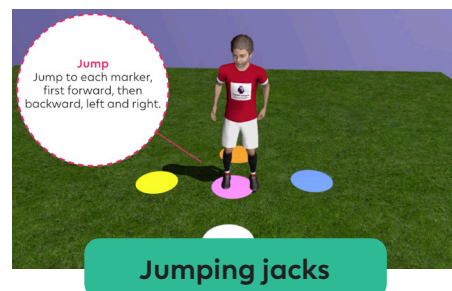
Jump for height



Standing long jump



Tiptoe



Jumping jacks

### Now for the challenge... how many movements can you remember?

Trying not to look at the picture, roll a 6-sided dice.

Can you do the right movement to match the number on the dice?

Try to continue the movement for 30 seconds before rolling again. Try to make your movement as controlled as possible.

#### Make it work for you



**Space** – This challenge is designed to be undertaken in a small space, but larger spaces will allow for bigger movements.



**Task** – For an extra challenge, create a movement of your own!



**Equipment** - If you don't have a dice, use 6 pieces of paper numbered 1-6 with the numbers face down. Shuffle them and turn over at random!



**People** – Play with a member of your household, by taking it in turn to roll the dice and perform the movement.