

The PE Shed



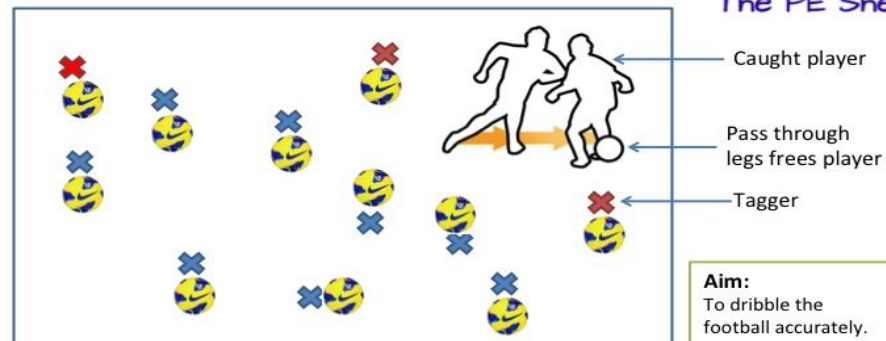
Football Game: Stuck in the mud football

Recommended Age Range: Foundation - Grade 5

Focus: Movement, coordination, teamwork and football dribbling

Equipment	Setting Up	Description	Further opportunities
Coloured bibs Footballs (one for each participant)	Mark out a playing area Select 1-3 taggers Give each player a football.	Taggers and Normal Players both dribble footballs within the playing area. Taggers aim to tag the other players. They can only tag if they have the ball under control Tagged players pick up the ball, hold it above their head and spread their legs (shoulder width apart). A player can also be caught by losing control of their ball out of the playing area. To be freed, another player must pass the ball through their legs.	Differentiation Easier: - Reduce taggers. - Increase playing area Harder: - Increase taggers. - Reduce playing area - Remove taggers balls Variations - No balls for taggers. Just tagging. - Pass and return pass to get freed.

Stuck in the mud Football



How to play:

- Taggers (Red) and Normal Players (Blue) both dribble footballs within the playing area.
- Taggers aim to tag the other players. They can only tag if they have the ball under control
- Tagged players pick up the ball, hold it above their head and spread their legs (shoulder width apart).
- A player can also be caught by losing control of their ball out of the playing area.
- To be freed, another player must pass the ball through their legs.