

Avoid the Defenders

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the defenders.
- Can you dribble using your feet, from the starting point, around the marker and back avoiding the defenders?
- If you dribble around the markers and back you score 1 point. If you hit a defender they score 1 point. The first to score 5 points are the winners.



Can you keep trying even if the defenders score more points than you?

Top Tips

Dribbling: Feet

Keep the ball close to you, use small touches.

Try to use the inside and outside of your foot to keep control.

Let's Reflect

Why did you need to keep the ball close to you?

What did you learn after each run through to help with the next dribble?