**Term 1 Challenge – Football Dribble**

**This is a test of speed, rhythm and coordination in a set time.**

The challenge will be differentiated between year groups.

* **EYFS and KS1** will be dribbling the football for **30 seconds**
* **KS2** will be dribbling the football for **40 seconds**

**Football dribble –** Children will dribble a football up and around a cone 5m away and back to the start line. They will earn 1 point for every time they reach a cone – dribble the football up to cone and back again would earn them 2 points.

The ball must be dribbled and cannot be kicked far ahead of the child.

Only whole points can be scored, if a child is halfway between the cones when the time ends they will not receive a point for that run.

Count how many times children dribble the ball up and around the cone.

**Rules:**

* Starting on the whistle the participant must complete as many laps around the cones with the football
* The ball must be dribbled around the cones and not kicked ahead of the child
* Only whole points can be score, if a child is halfway between the cones when the time ends they will not receive a point for that run.
* The time stops on the whistle.

**Tips:**

* Two judges are recommended one for timing and one for counting.
* Keep the counter consistent so this remains a fair test.
* Ensure participants are wearing suitable, safe footwear.
* During the session try not to have everyone waiting around for their turn.
* Encourage children to practice on their own during play/lunch times.

Results should be recorded on the attached results document and be returned by

**Thursday 14th October .**

If you have any questions, please ask.

**Good Luck Everyone!**