

LEARNING ACTIVITY 1

The Skills of Our Game: Kicking



Year Level: Foundation

Learning Area: Health and Physical Education

Strand: Movement and Physical Activity

Learning Focus

Students learn and practice the fundamental movement skills related to the various football codes including kicking (soccer) and the drop punt (Australian Rules/ Rugby League).

Sequence of Content - Health and Physical Education

Foundation Year students:

- Practice fundamental movement skills and movement sequences using different body parts **(ACPMP008)**
- Cooperate with others when participating in physical activities **(ACPMP012)**

Learning Intention

We are learning to:

- Perform the different ways of kicking a ball in sports - Australian Rules, Rugby League and Soccer.

Success Criteria

I can:

- Kick a ball using the basic kicking movement used to kick a ball in soccer
- Kick a ball using a drop punt which is used in sports such as Australian Rules and Rugby League.



ACTIVITY

Refer to the listed resources and select an activity that provides students with an opportunity to learn and practice the different kicking techniques used in one or more of the different football codes.

Resources

AFL

AFL 9s Playing for Life (ASC) Lesson Plans. [Click here to access.](#)

- Lesson 1 (page 17) focuses on teaching the students ball handling and kicking skills.



NRL

PlayNRL In-School Program. [Click here to access.](#)

- Activity 7 (page 25) students will learn and practice kicking skills in a rugby league setting.

Soccer

NAB Skills Series (Soccer). [Click here to access.](#)

- Video series outlining activities to teach students kicking skills applicable to soccer.

Teacher Resources are also available to view on the Play Football (schools) website by clicking [here](#).

Additional Resources

NAB AFL Auskick Resources. [Click here to access.](#)

An Activities Resource for Classroom Teachers (Fundamental Motor Skills). [Click here to access.](#)

- Kick (pages 16 – 25)
- Drop punt (pages 76 – 85)

Extension Activity

Students try the different kicking skills used across each of the different football codes.

- Australian Rules – Drop punt, torpedo, banana kick.
- Rugby League – Drop punt, grubber, place kick.



Additional Teacher Notes

Teachers may wish to focus on one kicking skill across two or more lessons.

For example:

- Lesson 1: Kick (soccer)
- Lesson 2: Drop punt (Australian Rules)