

# Learning Activity 2

## - The Skills of Our Game: Kicking -



**Year Level:** 1 - 2

**Learning Area:** Health and Physical Education

**Strand:** Movement and Physical Activity

### Learning Focus

Students learn and practice the fundamental movement skills related to one or more of the various football codes (Australian Rules, Rugby League or Soccer).

### Sequence of Content - Health and Physical Education

Year 1 and 2 students:

- Perform fundamental movement skills in a variety of movement sequences and situations (**ACPMP025**)
- Use strategies to work in group situations when participating in physical activities (**ACPMP030**)

### Learning Intention

We are learning to:

- Perform the different skills used in Australian Rules, Rugby League and Soccer.

### Success Criteria

I can:

- Demonstrate the basic skills used in Australian Rules, Rugby League and Soccer.



## Activity

Refer to the listed resources and select an activity that provides students with an opportunity to learn and perform the basic skills used in the different football codes.

- Australian Rules – Drop punt, handball, marking and bouncing the ball.
- Rugby League – Passing, throwing, catching, kicking (drop punt) and tagging the opposition.
- Soccer – Dribble pass and kicking for goal.

### Resources

#### AFL

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

- Lessons 1 - 3 (pages 17 - 36) focuses on teaching the students ball handling, kicking and evasion.



## NRL

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

- Activity 6 - 8 (pages 23 - 28) students will learn passing, catching and kicking skills.

## Soccer

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

- Video series outlining activities to teach students kicking and dribbling skills.

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

# Extension Activity

As a class or in small groups:

1. Watch selected video highlights that are available on each of the different football codes websites.
  - Australian Rules (Australian Football League) [www.afl.com.au](http://www.afl.com.au)
  - Rugby League (National Rugby League) [www.nrl.com](http://www.nrl.com)
  - Soccer (A-League) [www.a-league.com.au](http://www.a-league.com.au)
2. Identify and discuss the different skills players use when playing each of the different football codes.
3. Under the heading of each football code list all the skills that the students can see and ask them to share with the class what they believe is unique or exciting about each of these skills.
4. Teachers may also provide the opportunity for students to work in small groups and teach a selected skill to the class.

## Additional Teacher Notes

Teachers may wish to focus on one football code per lesson across three different lessons or select one football code and teach the selected skills across three or more lessons.

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

Video resources to demonstrate the skills of Australian Rules can be viewed by clicking on the below links:

- AFL Skills Guide Series - [Kicking](#)
- AFL Skills Guide Series - [Handballing](#)
- AFL Skills Guide Series - [Marking](#)
- AFL Skills Guide Series - [Bouncing](#)

Video resources to demonstrate the skills of Rugby League can be viewed by clicking on the below links:

- Learn the Skills Series - [The Spiral Pass](#)
- Learn the Skills Series - [Catching the Ball](#)
- Learn the Skills Series - [Drop Kick](#)
- Learn the Skills Series - [Grubber Kick](#)