



Avoid the Defenders PE Home Learning



Can you play fairly and keep the score?

Time to Learn:

- 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 one point. If you hit a defender they score one point. The first to score five points are the winners.



Start with three defenders.

Only add more defenders when you find the activity easy.



How many points can you score?

Every time you hit a defender take a point off.



Play against someone else.

Who can score the most points after three minutes?



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?