**Avoid the Defenders**

**Home Physical Education**

**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.

**Top Tips**

**Dribbling: Feet**
- Keep the ball close to you, use small touches.
- Try to use the inside and outside of you 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?