#ThisIsPE
Kicking — Seated
INCLUSIVE PE ///

Content outline
This activity aims to introduce kicking – to strike, hit or move items with a foot whilst seated.
- Moving items with a foot
- Spatial awareness

This resource and supporting video have been created by:
Angela Lydon, West Specialist Inclusive Learning Centre

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

Special Olympics Great Britain

For further support on any of the activities please also visit: https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme

Learning intention
Physical:
- To develop the use of the feet to kick / move an item

Personal:
- To recognise how we can use our feet to impact items around us

Verbal Instruction / Feedback:
- Give each task specific feedback; “Really good kick”
- Praise individual tasks; “Great shot”
- Use clear language when giving instructions – use single words where possible; “kick”, “move your foot”, “kick to me”.

Space
- Increase the distance away from the item so that the young person must reach to hit it
- Lack of contact to the item will make the task more difficult
- Decrease the distance away from the item to make the activities easier

Equipment
- Change the items being used to develop the same skill in different contexts
- Use different household items (Eg. Food bag full of rice, empty cans, a box to act as a tee)
- The size and weight of the object can be changed to adapt the difficulty of the task

Task
- Begin by dislodging items balanced on their feet
- Create a ‘tee’ or platform for the young person to kick an item off
- Create objects for the young person to ‘knock-down’
- Use clear and simple language within instructions – try to use single words where possible

People
- Gradually reduce the physical support given to complete each activity

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary