

# Avoid the Defenders

## Home Physical Education

Can you play fairly and keep the score?

### 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.



Can you keep trying even if the defenders score more points than you?

### 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?