Inclusive PE Card - for children with SEND

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

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 (e.g., 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

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”

This resource and supporting video have been created by:
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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

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

Click on the video to see the activity based on the card for Seated Kicking.

This is an activity to do at home with your child to support their physical development. For more activities go to https://www.youthsporttrust.org/free-home-learning-resources-inclusion

#stayhomestayactive  #stayinworkout  #stayhomesavelives