



KNSC

Homework Activities

Week 3
U7,U8,U9,U10

What is Physical Literacy

Physical literacy is a journey upon which children and youth, and everyone, develop the knowledge, skills, and attitudes they need to enable them to participate in a wide variety of activities.

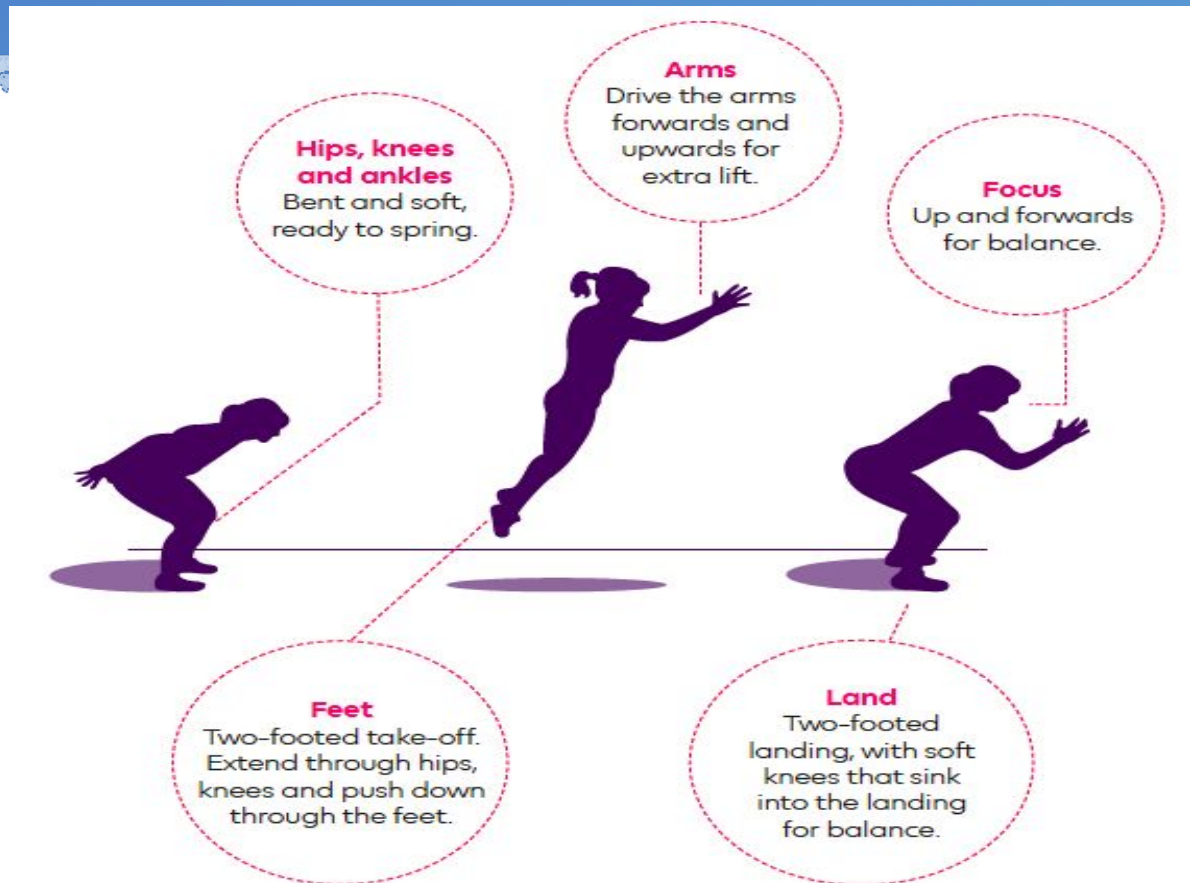
Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.



Age Group – U7, U8, U9, U10

Standing Long Jump

Make sure to record the distance you jump and try and beat it each day!



Age Group – U7, U8, U9, U10

For this week we ask our U7 to U10 players to firstly focus on physical literacy activities involving the ball

Physical Literacy with the ball

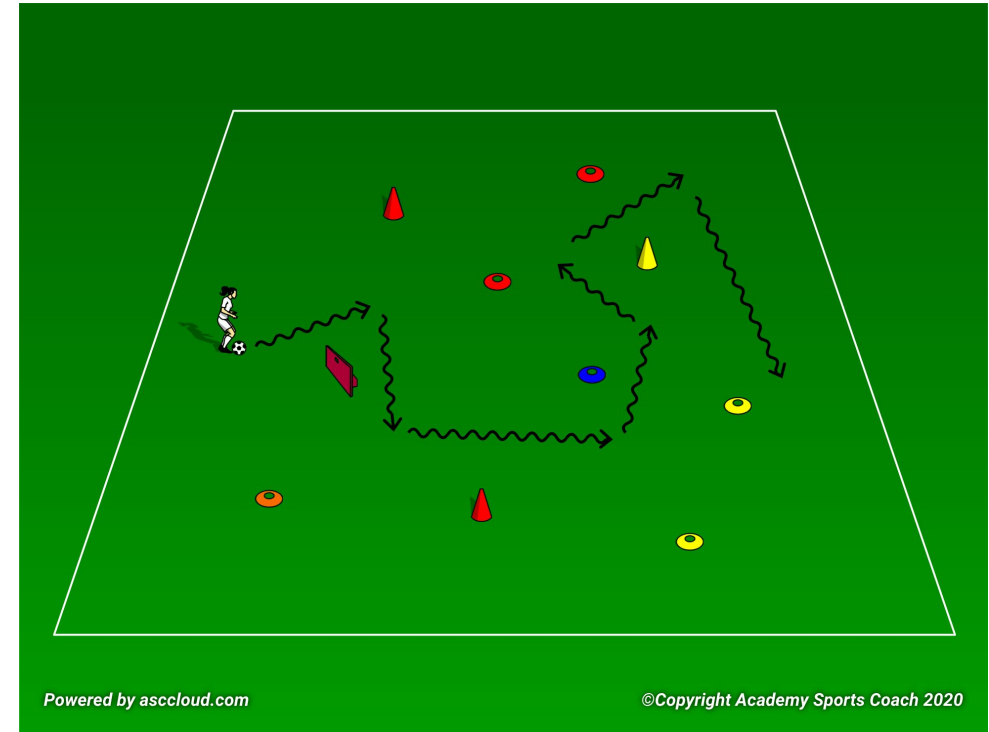
- Toe Taps - On top of the ball ([Click here for demo video](#))
- Toe Taps - Side to side ([Click here for demo video](#))

For fun can you try and beat the number you can do in 30 seconds?!

Age Group - U7,U8,U9, U10

- Ball Skills
 - Dribbling
 - Activity 1 - place lots of different objects randomly in your way
 - Dribble around trying to avoid the objects you have placed

Remember to accelerate just like you are getting away from a defender in a game every time you go past an object
Make sure you go in different directions



Learn from the pros

Click the players name below to find out more about them...

[Janine Beckie](#)

[Samuel Piette](#)

Recommended Watch

Amazon Prime - Sergio Ramos

Amazon Prime - All or Nothing: Brazil National Team



Any Questions

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