

**101**   
**FUN**   
**PE GAMES**

**FOOTBALL  
GAMES**

## FOCUS



GROSS MOTOR



ENDURANCE

## GROUP SIZE



## EQUIPMENT

2 footballs, 2 cones,  
floor tape

## SETUP

Set up each team in a traditional relay race line. Place 2 cones near the opposite end of the room, mark the start line with floor tape and give the first child in each line a football.



## INSTRUCTIONS

1. On the instructor's signal, the first kid in line must run with the football to the cone across from them.
2. Once they get to the cone, they must run around it and come back to the start line.
3. As they get back to the start line, they must hand off the football to the next child who follows the same process.
4. The first team to finish the race wins.

### MAKE IT EASIER

- Decrease the distance the children must run

### MAKE IT HARDER

- Increase the distance the children must run or ask the children to pass the ball back to the next child in line from a specific distance

## FOCUS



GROSS MOTOR

## GROUP SIZE

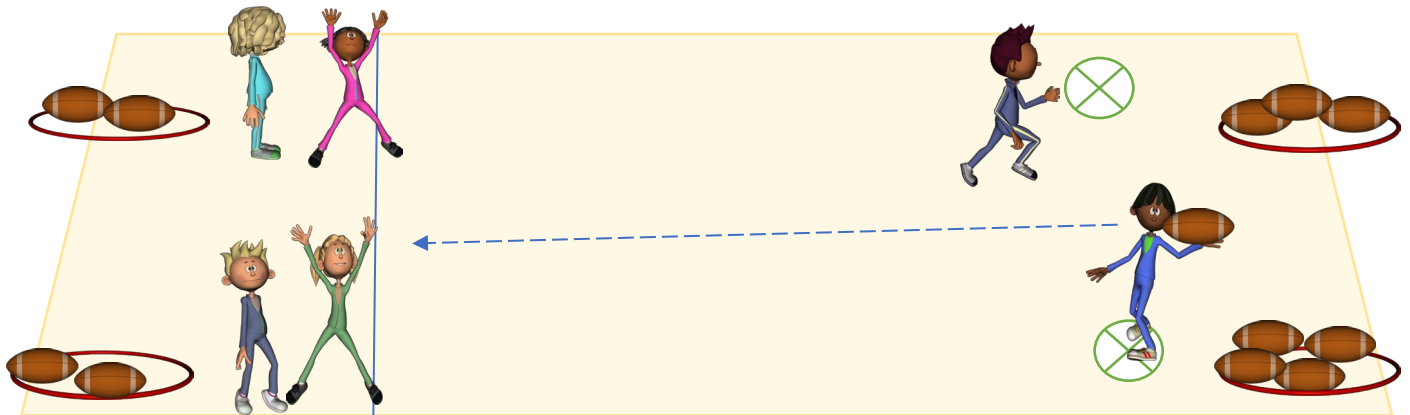


## EQUIPMENT

10-20 footballs, 4 hula hoops, floor tape.

## SETUP

Place the students in 2 traditional relay race lines with each line facing their hula hoop filled with 10 footballs along with a 'throwing circle' on floor.



## INSTRUCTIONS

1. On 'go' the first child in line must run to the pile of footballs, pick up 1 ball and toss it from the throwing circle to the next child in line. If the ball is caught, the catcher must place the ball in the empty hoop and then run to the pile to start this process again as the first child goes back to the end of the line.
2. If the ball is missed, the child must pick up the missed ball and run with it to the throwing circle and attempt to throw it to the next child in line.
3. The first team to finish and empty all the footballs from their hula hoop wins.

### MAKE IT EASIER

- Use fewer balls and shorten the throwing distance.

### MAKE IT HARDER

- Use more balls and lengthen the throwing distance.

## FOCUS



GROSS MOTOR

## GROUP SIZE

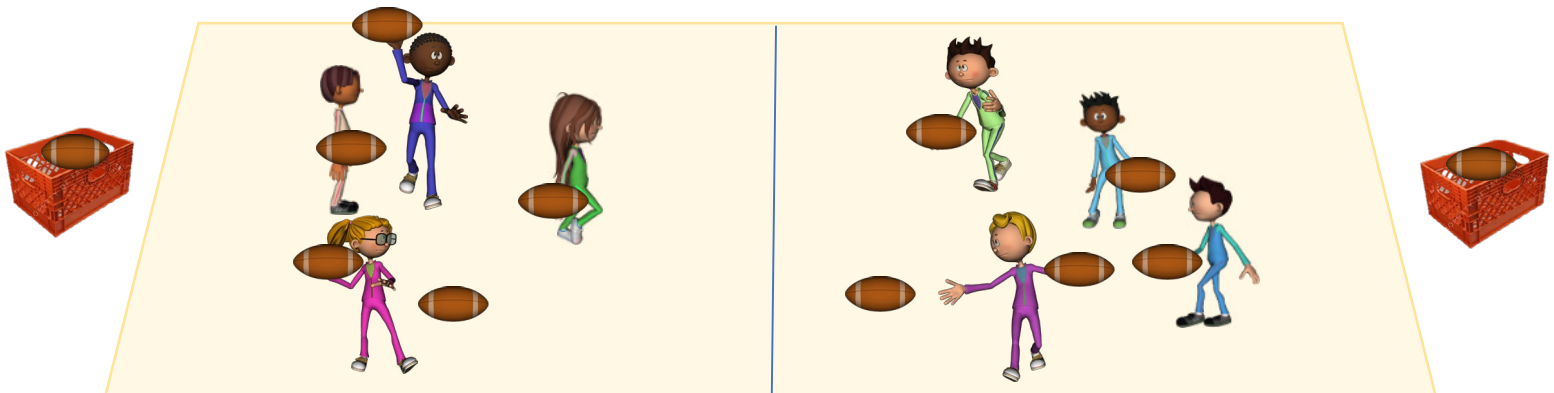


## EQUIPMENT

2 milk crates,  
20 sponge footballs (or  
other sponge balls)

## SETUP

Place one empty milk crate or ball storage container behind each end line as shown in image. Divide the class into 2 teams with a middle line separating the children.



## INSTRUCTIONS

1. On 'go' the children will toss footballs across the room towards the other team's milk crate, being careful not to cross the middle line.
2. Start with no guards in front of the milk crates.
3. After a child throws their ball, they should look for a new ball somewhere on their half of the room, not going onto the other team's side.
4. The first team to get 2 balls into the opposing team's box wins.

### MAKE IT EASIER

- Have no guards and play until the first ball goes into the box.

### MAKE IT HARDER

- Allow a guard for the milk crate and have them get 3 footballs into the milk crate to win.

## FOCUS



ENDURANCE



GROSS MOTOR



FINE MOTOR

## GROUP SIZE

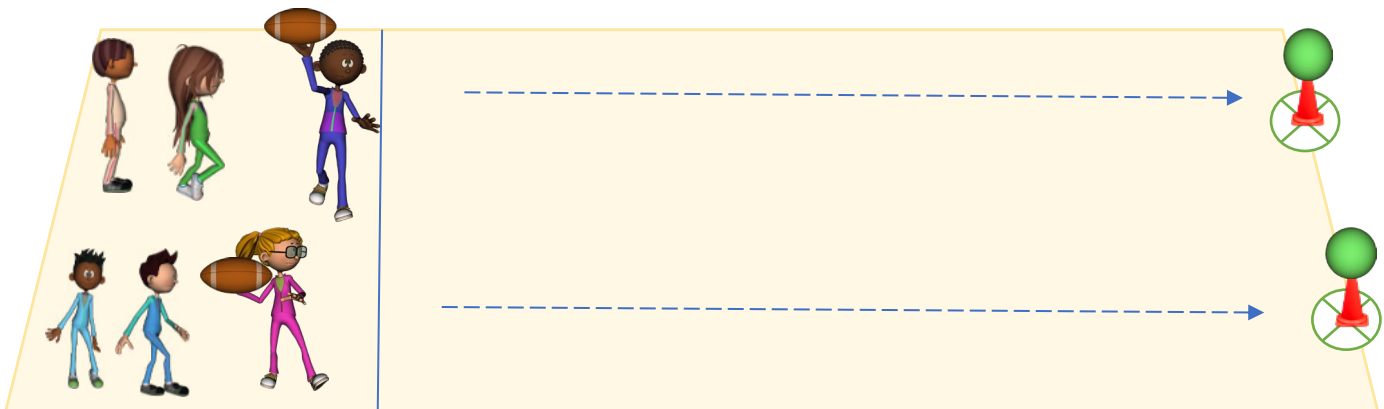


## EQUIPMENT

2 cones, 2 sponge balls,  
2 footballs, floor tape

## SETUP

Use floor tape to mark the start line. Set up cones on the far end of the room and balance a soccer-sized ball on top of each cone.



## INSTRUCTIONS

1. On 'go' the first child in line must throw their football across the room at the cone with the ball balanced on top.
2. Their objective is to knock the ball off the cone.
3. Once they throw the football, they must retrieve it and bring it back to the next child in line. If they hit the ball or cone, it is their job to put it back to the correct position. Each time a ball gets knocked off they receive a point.
4. The first team to 10 points wins the race.

### MAKE IT EASIER

- Shorten the distance the children have to throw and decrease the points to win from 10 to 5

### MAKE IT HARDER

- Increase the distance the children have to throw the ball. Use a smaller target ball.

## FOCUS



GROSS MOTOR



FINE MOTOR

## GROUP SIZE

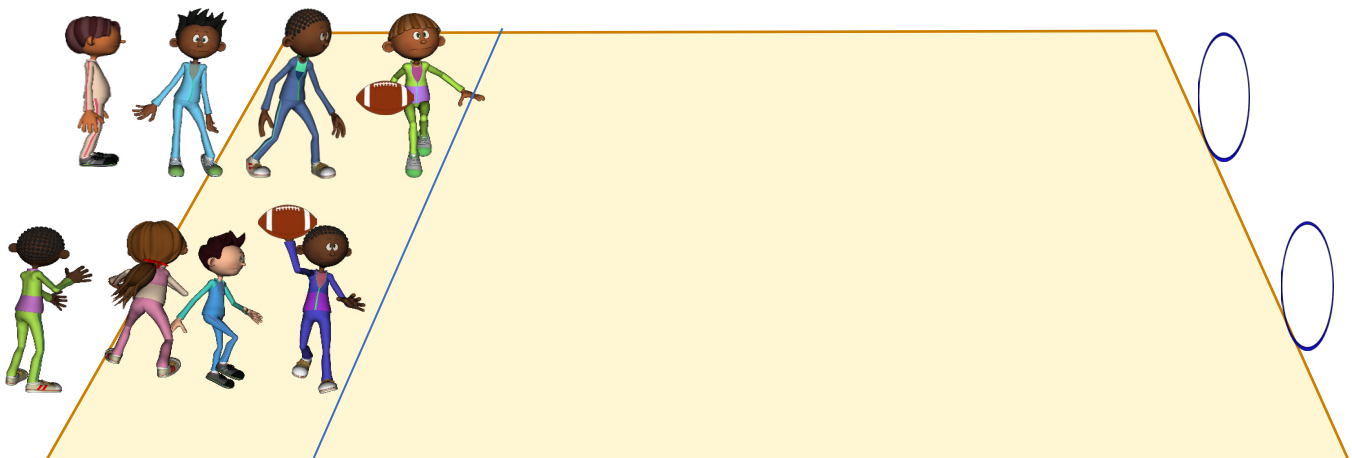


## EQUIPMENT

2 footballs, hula hoops, floor tape

## SETUP

You can do this in teams as a relay race or have the kids compete against each other individually. Place 2 hula hoops against a wall opposite from the children. Mark the floor with tape to designate where the children must throw from and give the first child in each line a football.



## INSTRUCTIONS

1. On the instructor's signal, the first kid in line must throw their football towards their hula hoop. Their objective is to throw the football into the hula hoop.
2. After they throw the ball, they must retrieve it and bring it back to the next child in line who will attempt the same process.
3. Award 2 points each time a child throws the ball into the hoop and only 1 point if they hit the hoop.
4. If a child hits a hoop, it may fall over, so the teacher may have to stand it up again. It is recommended to securely tape the hoop to the wall.

### MAKE IT EASIER

- Shorten the distance the children have to throw the ball

### MAKE IT HARDER

- Increase the distance the children have to throw the ball

## FOCUS



GROSS MOTOR



FINE MOTOR

## GROUP SIZE

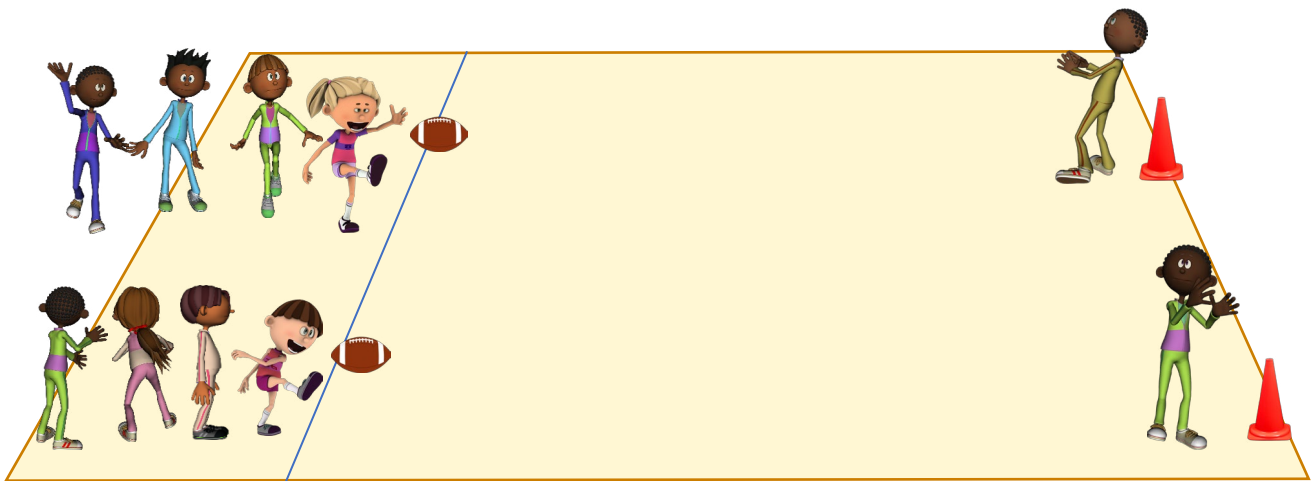


## EQUIPMENT

2 footballs, cones

## SETUP

You can do this in teams or have the kids compete against each other individually. Place the punters in lines at one end of the play area and the returners at the other. Give the first kid in each line a football.



## INSTRUCTIONS

1. On the instructor's signal, the first kid in line must punt the football to the returner at the opposite end of the play area.
2. If the returner catches it, they run full speed back to the line and hand the ball off to the next kid.
3. The punter runs to the opposite end and becomes the new returner.
4. Even if the returner does not catch the punt, they still return to the back of the line and the punter becomes the next returner.
5. Each catch is worth 1 point. Continue until a team has 5 points.

### MAKE IT EASIER

- Shorten the distance between the punter and returner

### MAKE IT HARDER

- Increase the distance between the punter and returner. Place kick instead of punt.