

HOT FEET

How to

- Stand in a space.
- Using the inside of your feet, push the ball from one foot to the other (left, right, left, right, and so on) as quickly as you can without losing control.
- The ball must move.
- Each time the ball touches one of your feet you score 1 point.
- You have 60 seconds to score as many points as you can.
- If you lose control, do not give up and do not stop the timer - retrieve the ball and continue your score until your 60 seconds is up.

Equipment needed

- Ball
- Stopwatch

Scoring

- Count the number of times the ball touches one of your feet in 60 seconds.
- Remember that the ball must move!

School Games Value

- Determination.
- Try your hardest.
- Keep going!

School Games Leadership

- Use leaders to set up the activity, demonstrate how it's done, count the score, encourage participants, coach the top tips, time the attempts, write down the scores.



Top Tips

- Use the insides of your feet.
- Don't go too fast - try to get into a rhythm.
- Keep your eyes on the ball.

Video link: https://youtu.be/_y-10MaGqjs