

WEEKLY PE CHALLENGE



Watch

<https://www.bbc.co.uk/cbbc/watch/bp-john-farnworths-top-tips-for-tricks> for some inspiration for tricks!

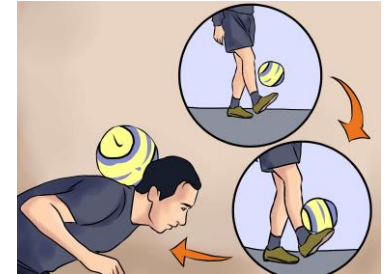
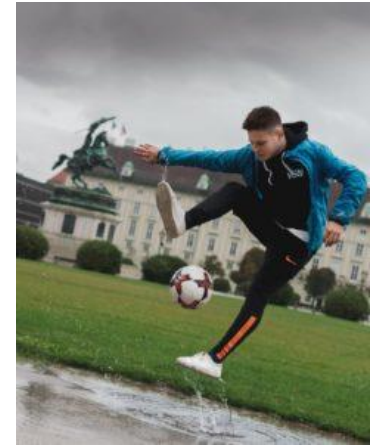


<https://www.youtube.com/watch?v=krSBbunxdUg>

This video shows you how to start juggling with a football on your feet!

Remember it doesn't have to be an actual football to have a go – use any ball! It might be easier or harder with a smaller/bigger ball.

FOOTBALL TRICKS!



Have you seen some of the impressive tricks and skills some footballers can do? Some are professional freestylers (like the one we had in school last year).