



# Shuffle UP!

# Football Fitness Festival Pack



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## Introduction

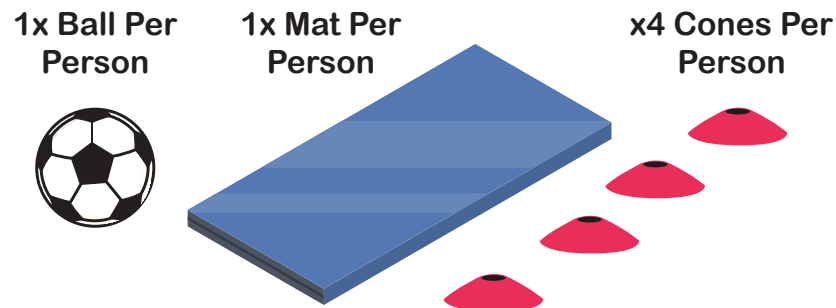
This gymnastics festival competition pack has been designed to build and develop children's movement through activities which focus on fundamental movement skills. The pack is a teacher led competition format which can be used in a lesson or for extra-curricular activity. Children will work in pairs and score for each other using the scoresheets provided. Therefore the competition can be run by a single person.



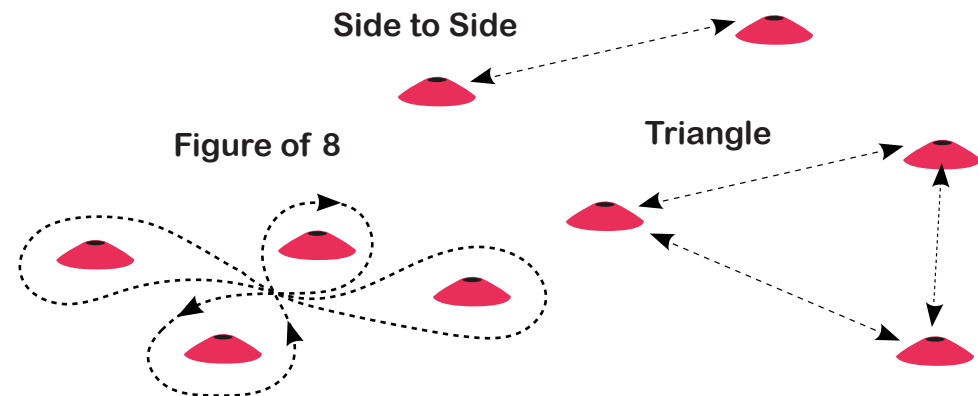
## Organisation and timing

Children work in pairs so a competition with five stations set up will cater for 30 children (6 per station). Additional stations can be added for larger class sizes. It is recommended during current times that you print out a copy all of the cards for each group of children that you have. So for a group of 30 you would need 5 sets of instructions. Festivals for Key Stage 3 may need to be adapted for the level of your pupils; adapt the cards to make the skills easier or harder depending on your pupils.

## Festival Equipment



## Cone Set Ups



## Festival Activities

Activity 1  
**Stability**

Activity 2  
**Agility**

Activity 3  
**Dribbling**

Activity 4  
**Strength**

Activity 5  
**Legwork**

# Activity 1: Stability

## Key Stage 1

Dish Hold  
Arch Hold  
Squat Hold

HOLD 10 SECONDS 

## Key Stage 2

Dish Hold  
Arch Hold  
Side Support

HOLD 20 SECONDS 

## Key Stage 3

Dish Hold  
Arch Hold  
Side Support Leg Lift

HOLD 30 SECONDS 

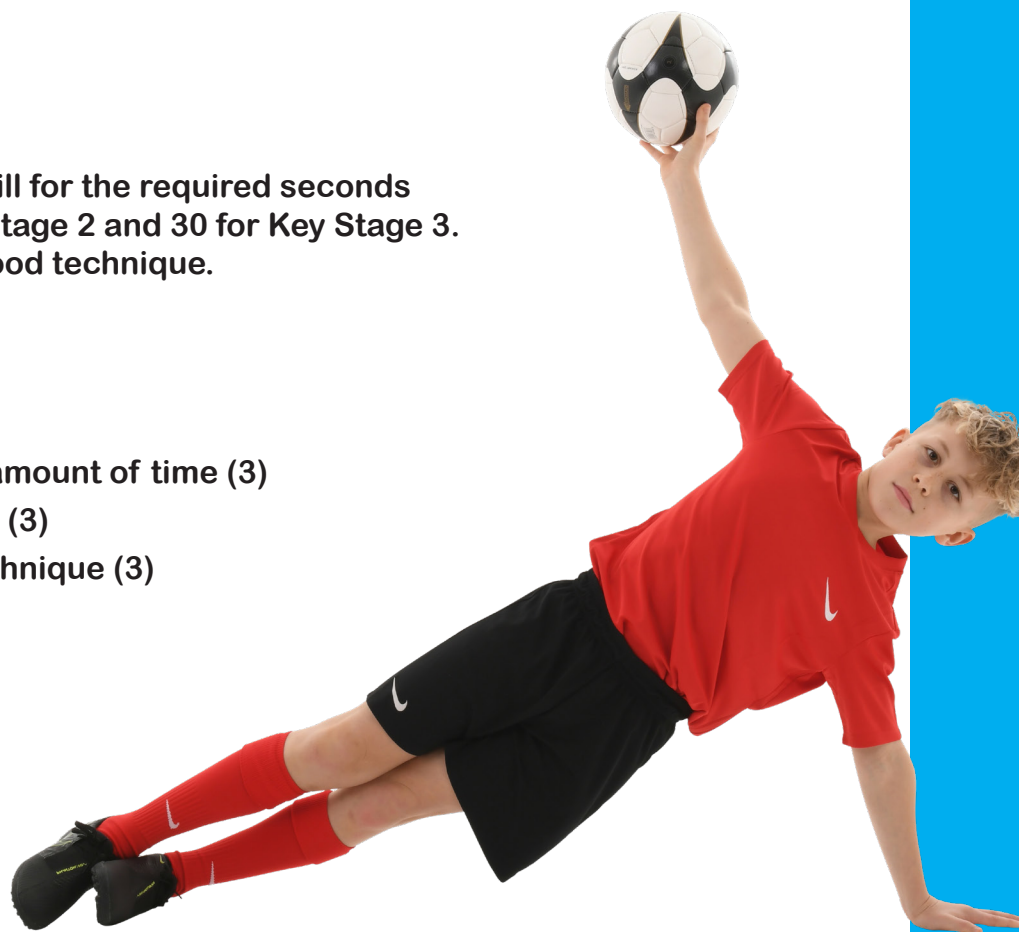
## Stability Activity Instructions

Students perform 3 stability activities, holding each skill for the required seconds as per their Key Stage. 10 for Key Stage 1, 20 for Key Stage 2 and 30 for Key Stage 3. Pupils take turns and scoring each other looking for good technique.

## Scoring

- 1 Point for each stability exercise held for the correct amount of time (3)
- 1 Point for each stability exercise that does not wobble (3)
- 1 Point for each stability exercise using the correct technique (3)
- 1 Point for good posture throughout (1)

Maximum Score 10



1a

Football  
Fitness  
Festival

## Dish Hold



Lie on your back on the floor raise up into a dish shape and hold.



- Raise legs just off the floor.
- Lift shoulders off the floor.
- Squeeze tummy tight, pushing lower back into floor.



Stage 1:  
10 secs

Stage 2:  
20 secs

Stage 3:  
30 secs

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1b

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## Arch Hold



Lie on your front on the floor raise up into an arch shape and hold.



- Raise your legs and arms as high as you can.
- Keep your legs and arms straight.
- Point your toes and stretch your fingers.



Stage 1:  
10 secs

Stage 2:  
20 secs

Stage 3:  
30 secs

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1c

## Squat Hold

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Stand with your feet shoulder-width apart. Squat backwards as if sitting back onto a chair. Lower until thighs are parallel with the floor and hold.



- Ensure feet are parallel with each other and hip-width apart.
- Thighs parallel to the floor.
- Heels flat on the floor.



Stage 1:  
10 secs

Stage 2:  
20 secs

Stage 3:  
30 secs

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1d

Football  
Fitness  
Festival

## Side Support



Holding football in one hand lift up to side support keeping hip raised in line with feet and shoulders.



- Place feet on top of each other.
- Keep hips raised high.
- Keep arm holding the ball straight.



Stage 2:  
20 secs

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1e

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Festival

## Side Support Leg Lift



Lie on side, resting the top hand on the ball by chest and with feet one on top of the other. Lift to a side support shape. Keep the hips lifted and raise one leg above body and hold.



- Hold side support shape.
- Long straight body.
- Raise top leg maintaining strong straight body position.



**Stage 3:**  
**30 secs**

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# Activity 2: Agility

## Key Stage 1

Side Shuffles  
Lateral Rebound Jumps  
Knee Ups  
10 REPS

## Key Stage 2

Side Shuffles  
Lateral Rebound Jumps  
Lateral Rebound Hops  
20 REPS

## Key Stage 3

Figure of 8 Footwork  
Lateral Rebound Jumps  
Rebound Hops  
30 REPS

## Agility Activity Instructions

Pupils perform the agility activities taking turns to count and score each other. Pupils should be ensuring that their partner performs the correct number of repetitions for their age group.

## Scoring

- 1 Point for completing the correct amount of repetitions (3)
- 1 Point for each agility exercise using the correct technique (3)
- 1 Point for completing each set of repetitions without pausing. (3)
- 1 Point for positive attitude throughout (1)

Maximum Score 10



2a

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## Side Shuffles

**i** Place two objects (e.g. cones or spots) a small distance away and take small side shuffles (left and right) between them.



- Start in the middle of the 2 objects.
- Side shuffle to the left object and right object.
- Stay on the balls of your feet and do not cross your feet.
- Face forwards at all times.

123

Stage 1:  
10 RepsStage 2:  
20 RepsStage 3:  
30 Repsshuffle  
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2b

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## Lateral Rebound jumps



**i** Stand tall with good posture to one side of the football, rebound jump over the football from side to side.



- Keep good posture throughout.
- Stretch feet and ankles in the air.
- Stay on balls of your feet and bend knees for power.
- Rebound immediately into the next jump by lifting upwards.

123

Stage 1:  
10 RepsStage 2:  
20 RepsStage 3:  
30 Repsshuffle  
UP!
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2c

Football  
Fitness  
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## Knee Ups



On the spot, bring one knee at a time up to waist height. Alternate between your right and your left knee.



- Try to stay on the balls of your feet.
- Keep hands out at waist height with palms facing down.
- Drive your knee up to your hands as quickly as you can.

123 Stage 2:  
20 Reps

Shuffle  
UP!

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2d

Football  
Fitness  
Festival

## Lateral Rebound Hops



Place an object on the floor (e.g. ball or cone) and jump sideways over the top of the object continuously.



- Stay on the balls of your feet.
- Light landing by bending knees.
- Arms at an angle to keep balance and create power.

123 Stage 3:  
30 Reps

Shuffle  
UP!

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2e

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## Figure of 8 Footwork



Set up a square using 4 cones (each side of the square must be a min. of 4 big steps). Perform a figure of 8 in between the cones taking small, quick steps.



- Always face forward (even when moving backwards).
- Stay on the balls of your feet, bend your knees and take light steps.
- When turning around the cone, stay close to change direction quickly.
- When moving backwards turn your head to see behind you.

123

Stage 3:  
30 Reps

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2f

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## Rebound Hops



Stand tall with good posture, rebound hop over ball forwards and backwards.



- Keep good posture throughout.
- Rebound immediately into the next hop by lifting upwards.
- Land on balls of your feet.
- Bend your knees for Light landing.

123

Stage 2:  
20 Reps

Stage 3:  
30 Reps

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# Activity 3: Dribbling

## Key Stage 1

Shuffle Steps

Forwards and Backwards Sole Control

Figure of 8 Dribbling

5 REPS

## Key Stage 2

Shuffle Steps

Forwards and Backwards Sole Control

Figure of 8 Dribbling

10 REPS

## Key Stage 3

Shuffle Steps

Triangle Dribbles

Figure of 8 Dribbling

15 REPS

## Dribbling Activity Instructions

Pupils perform the dribbling skills between cones, ensuring good they read the cards for technique. Pupils take turns, alternating between performing and scoring each other.

## Scoring

1 Point for performing the dribbles (3)

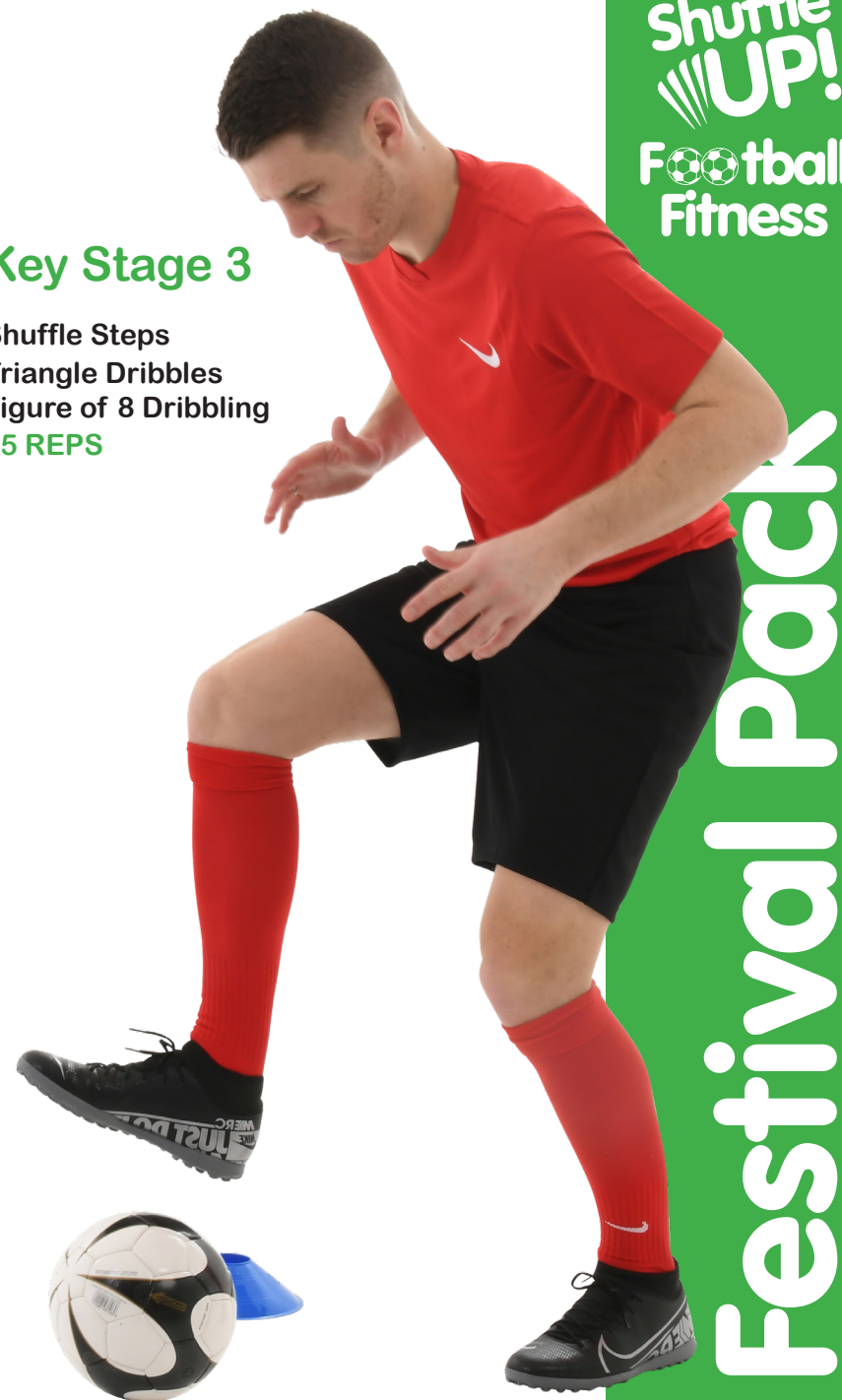
1 Point for keeping control of the ball throughout (3)

1 Point for good technique (3)

1 Point for positive attitude throughout (1)

Maximum Score 10

Shuffle  
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Football  
Fitness



Festival Pack

3a



## Shuffle Steps



Place two objects (e.g. cones or spots) a small distance away and use the outside of your foot to dribble the football between them.



- Face forwards at all times.
- Take small, light touches with the outside of your foot.
- Use the same foot as the way you are travelling (e.g. right foot when moving right).

123

Stage 1:  
5 RepsStage 2:  
10 RepsStage 3:  
15 RepsShuffle  
UP!
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3b

Football  
Fitness  
Festival

## Forward & Backward Sole Control



Place two objects (e.g. cones or spots) a small distance away and use the sole of your foot to dribble forward & backward between them.



- Take small, light touches to keep control of the ball.
- Arms at an angle to keep balance.
- Move around the cone before moving in the opposite direction.

123

Stage 1:  
5 RepsStage 2:  
10 RepsShuffle  
UP!
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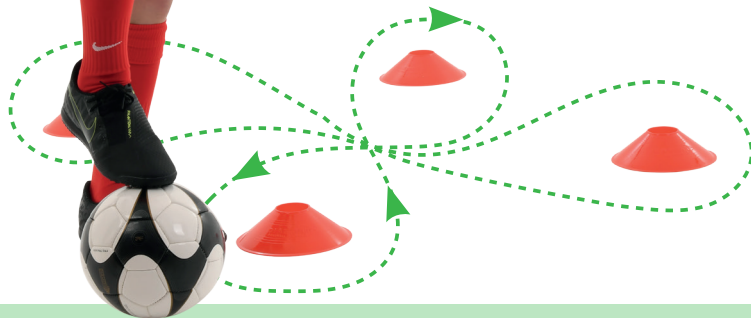
3c

Football  
Fitness  
Festival

## Figure of 8 Dribbling



Set up a square using 4 cones (each side of the square must be a minimum of 4 big steps). Perform a figure of 8 between the cones whilst dribbling the ball.



- Small, light touches when dribbling.
- When turning around the cone, slow down to keep control of the ball.
- Stay as close to the cones as you can.

123

Stage 1:  
5 RepsStage 2:  
10 RepsStage 3:  
15 RepsShuffle  
UP!
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3d

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Fitness  
Festival

## Triangle Dribbles



Create a triangular area with cones and start at the top. Dribble the ball forwards to one corner and return back to the point you started, dribbling backwards.



- Take small, light touches when dribbling to keep control.
- Use your laces to dribble forwards.
- Use the sole of your foot when dribbling backwards.
- Arms at an angle to keep balance.

123

Stage 3:  
15 RepsShuffle  
UP!
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# Activity 4: Strength

## Key Stage 1

Tuck Snaps  
Press Up on Knees  
Front Support Leg Taps to Thigh  
10 REPS (each leg for tapping thighs)

## Key Stage 2

Tuck Snaps  
Press Up on Knees  
Front Support Leg Taps to Thigh  
12 REPS (each leg for tapping thighs)

## Key Stage 3

Long Arm Sit Ups  
Press Up  
Front Support Leg Taps to Thigh  
20 REPS (each leg for tapping thighs)

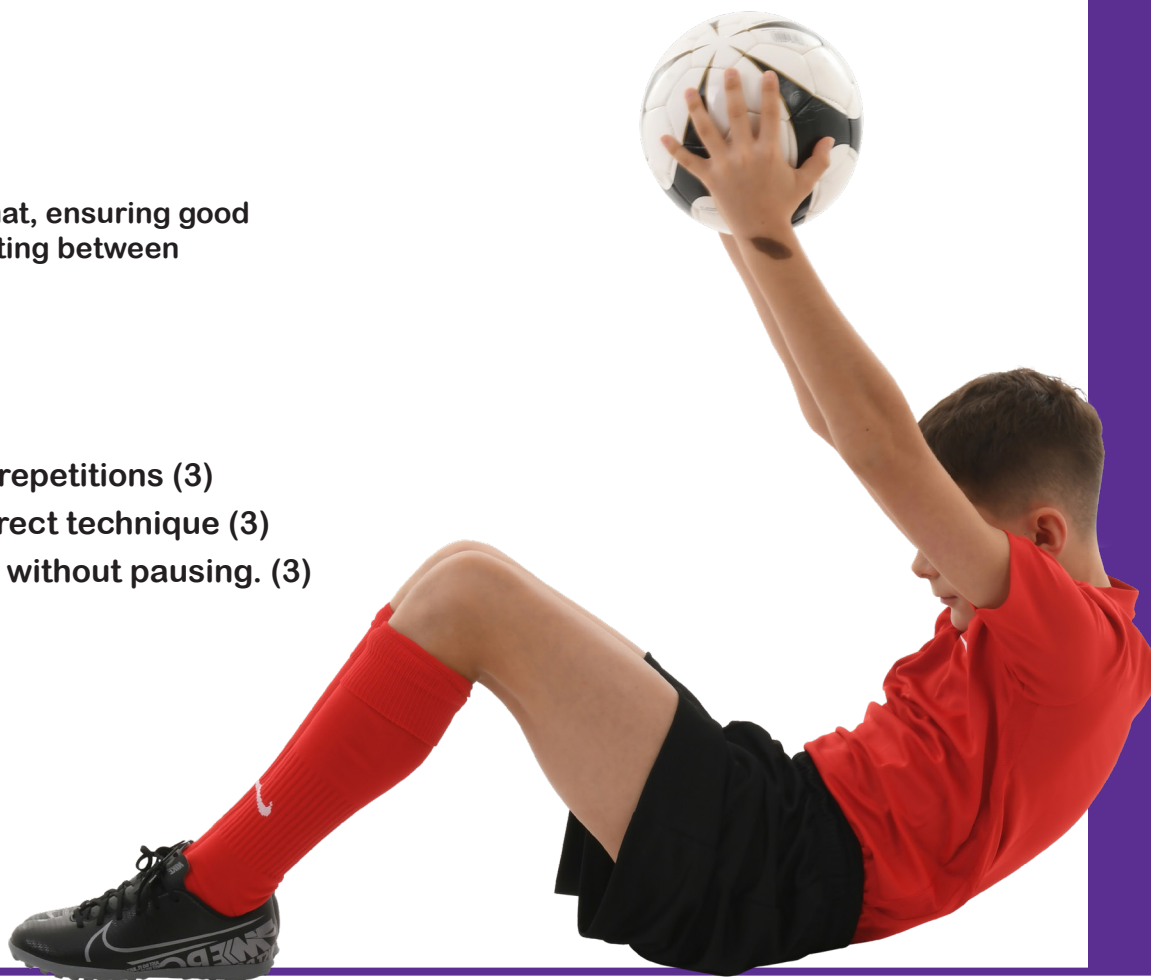
## Strength Activity Instructions

Pupils perform the strength skills together on a mat, ensuring good techniques throughout. Pupils take turns, alternating between performing and scoring each other.

## Scoring

- 1 Point for completing the correct amount of repetitions (3)
- 1 Point for each agility exercise using the correct technique (3)
- 1 Point for completing each set of repetitions without pausing. (3)
- 1 Point for positive attitude throughout (1)

Maximum Score 10





4a

Football  
Fitness  
Festival

## Tuck Snaps - Legs Only



Lie on back with arms overhead on floor. Lift legs into a tuck shape. Between repetitions keep feet just off the floor.



- Keep head and back pressed into floor.
- Keep lower back flat against floor.
- Lower the legs back to a dish position with legs just above floor.
- Keep knees and feet together.

123

Stage 1:  
10 RepsStage 2:  
12 RepsShuffle  
UP!
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4b

Football  
Fitness  
Festival

## Press Up on Knees



Start in press up shape on knees with a straight shape from shoulders to knees. Bend and straighten arms bringing chest towards the football and return.



- Keep your hands directly underneath shoulders.
- Hips remain in line throughout, not dipped or lifted.

123

Stage 1:  
10 RepsStage 2:  
12 RepsShuffle  
UP!
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4c

Football  
Fitness  
Festival

## Front Support Leg Taps to Thigh



Start in a front support shape. Bring one hand to the thigh whilst maintaining a strong shape. Repeat with the other hand.



- Squeeze bottom and tummy tight to maintain good body tension.
- Keep shoulders and hips level when bringing hand to thigh.
- Maintain a straight line from shoulders to feet.

123

Stage 1:  
10 RepsStage 2:  
12 RepsStage 3:  
20 RepsShuffle  
UP!
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4d

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Fitness  
Festival

## Long Arm Sit Ups



Lie on back with knees bent and arms outstretched holding the ball. Sit up and back down keeping arms straight.



- Knees bent feet flat on the floor.
- Hands at side of head (not touching.)
- Raise chest up toward knee and lower back down.
- Keep steady rhythm of repetitions.

123

Stage 3:  
20 RepsShuffle  
UP!
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4e

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Fitness  
Festival

## Press Up



Start in a press-up shape, lower towards the ground and return keeping completely straight.



- Keep your hands directly underneath your shoulders.
- Hips remain in line throughout, not dipped or lifted.
- Maintain a steady speed.

123

Stage 3:  
20 Reps

Shuffle  
UP!

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# Activity 5: Legwork

## Key Stage 1

Rebound Jumps  
Squat Jumps  
Jumping Jacks  
10 REPS

## Key Stage 2

Vertical Jumps  
Squat Jumps  
Explosive Lunges  
20 REPS (10 for each leg for Lunges)

## Key Stage 3

Vertical Jumps  
Squat Jump 180  
Explosive Lunges  
30 REPS (15 for each leg for Lunges)

## Legwork Activity Instructions

Pupils perform the strength skills together on a mat, ensuring good techniques throughout. Pupils take turns, alternating between performing and scoring each other.

## Scoring

- 1 Point for completing the correct amount of repetitions (3)
- 1 Point for each agility exercise using the correct technique (3)
- 1 Point for completing each set of repetitions without pausing. (3)
- 1 Point for positive attitude throughout (1)

Maximum Score 10



5a

Football  
Fitness  
Festival

# Rebound Jumps



Stand tall with good posture. Rebound jump over the ball forwards and backwards



- Keep good posture throughout.
- Stretch feet and ankles whilst you are in the air.
- Rebound immediately into the next jump by lifting upwards.

123

Stage 1:  
10 Reps

Shuffle  
UP!
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5b

Football  
Fitness  
Festival

# Squat Jumps



Stand tall with football in hands. Sit back into the squat shape, then immediately stretch jump up into the air- the higher the better!



- Feet shoulder-width apart.
- Squat backwards as if sitting down on a chair.
- Keep head and chest lifted.
- Explosively jump up out of the squat shape.

123

Stage 1:  
10 Reps

Stage 2:  
20 Reps

Shuffle  
UP!
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5c

Football  
Fitness  
Festival

## Jumping Jacks



Stand with feet together and arms close to body. Jump feet and arms out to star shape and jump to return.



- Ensure feet keep facing forward when landing in star shape.
- Jump higher to make it harder.
- Make this a rebound exercise – don't stop between jumps.

123

Stage 1:  
10 Reps

Shuffle  
UP!
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5d

Football  
Fitness  
Festival

## Vertical Jumps



Jump up as high as you can whilst keeping the football between your ankles.



- Push off from the balls of your feet.
- Bend your knees and arms for power.
- Squeeze your ankles together to keep the football still.
- Keep a good posture.



123

Stage 2:  
20 Reps

Stage 3:  
30 Reps

Shuffle  
UP!
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5e

# Explosive Lunges

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Fitness  
Festival

**i** Stand tall with feet shoulder-width apart. Lunge forwards ensuring the front knee doesn't extend beyond the same foot. Drop the back knee close to the floor then immediately jump –the higher the better! Switch legs in air to land.



- Large lunge step
- Ensure front leg has a vertical line from your knee to your foot.
- Drop back knee so it almost touches the floor.



123

Stage 2:  
20 RepsStage 3:  
30 RepsShuffle  
UP!

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5f

Football  
Fitness  
Festival

# Squat Jump 180°



**i** Start standing tall. Sit back into the squat shape, then immediately stretch jump up into the air turning 180 degrees; the higher the better!



- Feet shoulder width apart.
- Squat back as if sitting on a chair.
- Keep head and chest lifted.
- Explosively jump up out of the squat shape turning 180 degrees.

123

Stage 3:  
30 RepsShuffle  
UP!

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# Football Festival Score Sheet

## Activity 1: Stability

- 1 Point for each stability exercise held for the correct amount of time (3).....
- 1 Point for each stability exercise that does not wobble (3).....
- 1 Point for each stability exercise using the correct technique (3).....
- 1 Point for good posture throughout (1).....

Partner 1

Partner 2

## Activity 2: Agility

- 1 Point for completing the correct amount of repetitions (3).....
- 1 Point for each agility exercise using the correct technique (3).....
- 1 Point for completing each set of repetitions without pausing. (3).....
- 1 Point for positive attitude throughout (1).....

Partner 1

Partner 2

## Activity 3: Dribbling

- 1 Point for performing the dribbles (3).....
- 1 Point for keeping control of the ball throughout (3).....
- 1 Point for good technique (3).....
- 1 Point for positive attitude throughout (1).....

Partner 1

Partner 2

## Activity 4: Strength

- 1 Point for completing the correct amount of repetitions (3).....
- 1 Point for each agility exercise using the correct technique (3).....
- 1 Point for completing each set of repetitions without pausing. (3).....
- 1 Point for positive attitude throughout (1).....

Partner 1

Partner 2

## Activity 5: Legwork

- 1 Point for completing the correct amount of repetitions (3).....
- 1 Point for each agility exercise using the correct technique (3).....
- 1 Point for completing each set of repetitions without pausing. (3).....
- 1 Point for positive attitude throughout (1).....

Partner 1

Partner 2



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games

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## Totals

Partner 1

TOTAL .....

Partner 2

TOTAL .....