



Improve your Move

www.kiddo.edu.au



TIPS FOR LEARNING HOW TO KICK

Just like reading & writing, kids need to learn to move

This week in the KIDDO session we learnt how to Kick



Eyes on ball

Kicking foot like a penguin
(turned outwards)



Step, Swing & Kick:
step with your non-kicking
foot next to the ball



Children need
active play
+ practice
to learn these
essential skills
to be active
for life

Fun Kicking games to play at home



Ten Pin Kicking:
kick over the milk cartons



Balloon Kicking:
how many kicks can you do
without the balloon touching
the ground



Goalie:
make a goal with your shoes and
take turns having shots on goal

How far can you kick?

Have a go at the KIDDO kicking challenge at
home with your child
<https://www.kiddo.edu.au/challenges/how-far-can-you-kick>