

**FOR
HOME**

GIRLS' FOOTBALL WEEK

HOME ACTIVITY

ALWAYS PLAY SAFE –

Wherever you're playing, make sure the area is safe for the games you and others are about to play.



KICK OFF NEW ADVENTURES AT
**GIRLS' FOOTBALL
WEEK**

EQUIPMENT NEEDED

-  Balls
-  Toys
-  Box
-  Hoop
-  Skipping Rope

* These are only suggested items.
Use what you have at home

TO ALL PARENTS AND CARERS

Finding fun ways to help the physical development of your child(ren) can be a challenge. That's why we've teamed up with Disney to use some much-loved characters to inspire three engaging games to kick-off a healthy active lifestyle – including some football skills. The games are also designed to build your child(ren)'s confidence, leadership, self-esteem, creativity and problem-solving skills.

You know your child(ren) better than anyone else, so our only advice is: reward effort over success and above all, have fun.

BREAK FREE LIKE RAPUNZEL

Rapunzel is a spirited and determined young lady who is held captive in a tower by Mother Gothel. Rapunzel has a dream to experience the world outside her window and go on new adventures. She is willing to step outside her comfort zone and step into the unknown to follow her dreams.

ALL ABOUT RAPUNZEL

These are the physical things Rapunzel is good at: running, jumping, balancing, turning
And these are her personal qualities: bravery, trustworthy, creative, fun, determined

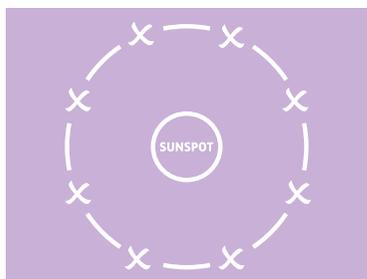


HOME ACTIVITY

GET READY...

THE STORY:

Rapunzel has long blonde hair which is 70 feet long. It has the magical ability to heal and stop ageing when she sings her special healing song. Kidnapped by Mother Gothel and locked away in a tall tower until her 18th birthday, she is fascinated by the floating lights that fill the sky. She develops a sense of curiosity and wants to pursue her dreams longing for the day when her life 'begins'. This is a game for two players, as you'll read below.



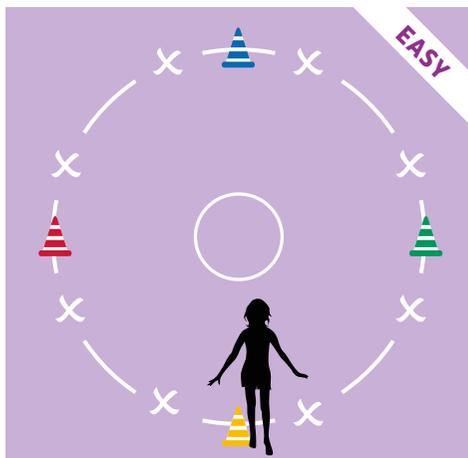
THE SETTING:

Using items from around the house, make a circle shape that is large enough to run around in. This represents the tower in which Rapunzel is held captive. Have four differently-coloured items ready, which as you'll see in Game 1, will be placed at 12 o'clock, 3, 6 and 9. Then mark a small area in the centre of the circle to signify a sunspot. Have a ball ready for later in the game.

THE CHARACTERS:

One day a man called Flynn Rider climbs into Rapunzel's tower! She ties him to a chair with her hair and asks him about the floating lights. Flynn explains that they are lanterns that are released every year for a lost princess. Decide who will be Rapunzel and who will be Flynn.

GO!

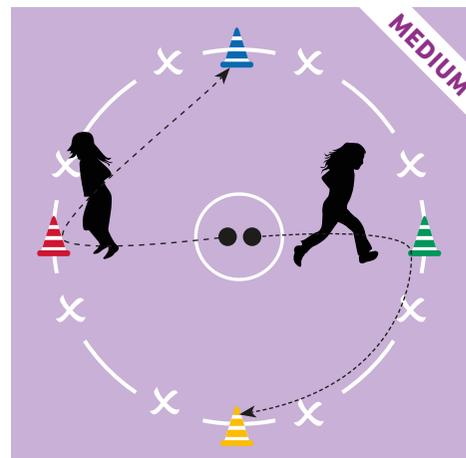


1 GAME 1: THE LANTERN PATTERN

One person pretends to be Rapunzel and stands in the sunspot in the centre of the tower. Flynn places the four items at the different 'clock' points (see above) and calls out the item's colours as they are put in place. When Flynn has finished, Rapunzel has to visit each colour (in any order), completing a different action at each point. You make these actions up, and associate them each with a colour. Here are four suggestions: red = balance on one leg and pretend to paint; blue = pretend to read a book; green = sweep the floor and yellow = do a ballet dance. Swap over when all the actions have been performed. See if Rapunzel can remember all the colours and their associated actions.

Try:

- Moving backwards to each 'clock' point;
- Rapunzel goes to each 'clock' point with a ball (in hands or at feet), puts it down, completes the action, and then takes it to the next point.



2 GAME 2: GET BACK TO THE SUNSPOT

Rapunzel and Flynn stand on the sunspot, back-to-back. On 'go' they race to visit the four coloured points. They can visit them in any order, but who will get back to the sunspot first after visiting all four 'clock' points? The winner chooses how both players will move next time e.g. instead of running, this time they have to hop, or jump etc.

Try:

- Adding an additional colour each round; see how many you can add to keep the game fun;
- Both players playing the game with a ball in their hands;
- Both players playing the game with a ball at their feet.



3 GAME 3: CATCH 'N' TAG

Rapunzel and Flynn repeat Game 2, but this time each dribbling a ball. This time Flynn is trying to catch Rapunzel and tag her. Once tagged, Rapunzel completes three toe taps on the ball, and then the roles are reversed – Rapunzel is now trying to catch and tag Flynn. How many tags can each player achieve before they both return to the sunspot?

Try:

- Playing with only one ball. If the player with the ball is tagged, they stop and quickly balance on one leg while the other player dribbles away with the ball.

HOW DID IT GO?

- What did you enjoy most?
- What did the other players enjoy most?
- What would you like to practise?
- How could you make these games even better?