

**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.



YOU CAN ACHIEVE YOUR DREAMS 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.

GET FIT WITH ZOOTROPOLIS' FINEST: LT. JUDY HOPPS

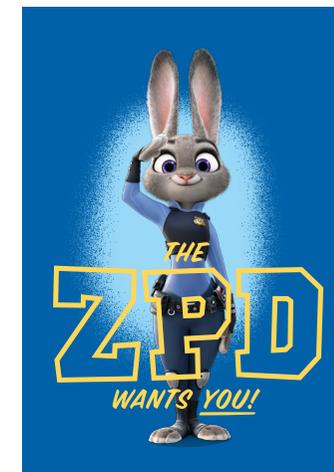
In Zootropolis, animals from all over the world live together. Among them is Lt. Judy Hopps of the Zootropolis Police Department. Let Judy be a role model to inspire your child(ren) to get active – and improve their football skills.

ALL ABOUT JUDY

Judy has what it takes to be a top-class police officer. Apart from her personal qualities, she's also very active.

You can use her as an example to develop your child(ren)'s physical skills, such as balance and making quick changes of direction.

So, turn over and... go play!



HOME ACTIVITY

GET READY...

THE STORY:

Judy Hopps has swapped life as a carrot farmer in Bunny Burrows to become the first bunny to join the Zootropolis Police Department. In Zootropolis, anyone can be anything. Judy partners with Nick Wilde, a wily fox, on her first police investigation. Soon they find themselves in the snowy suburb of Tundratown...



THE SETTING:

Brrrrr – Tundratown is snowy and icy all year. It's home to polar bears, wolves, moose, yaks and reindeer. Create your own Tundratown by marking out an area big enough to run around inside. Then create another space in the centre to form an imaginary igloo. Fill the 'igloo' with 'snowballs' (e.g. balls and toys).

THE CHARACTERS:

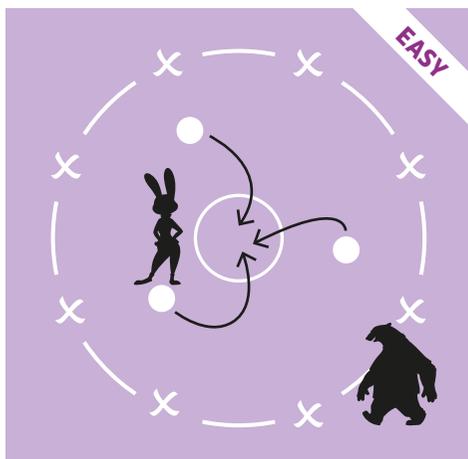
Apart from Judy and Nick, there's Koslov, Raymond and Kevin from the Polar Bear Security Team. They look after Mr. Big. Annoyingly, they keep moving snowballs from the igloo into the Tundratown. It's causing chaos.

Decide who will be:

- Police: Judy and Nick
- Polar bears: Koslov, Raymond and Kevin

If you don't have five players, that's fine. You only need two people to play this game – one to play Judy or Nick and one to play a polar bear.

GO!



1 GAME 1: SNOWBALL CHAOS

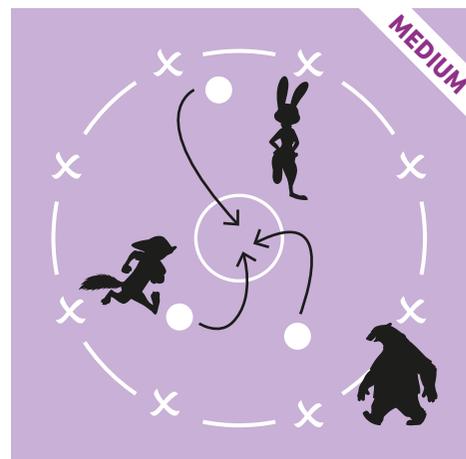
The polar bear(s) take all the snowballs one at a time from the igloo and leave them around Tundratown. Wherever the polar bears leave them, it's Judy and Nick's job at the same time to pick up the snowballs (one at a time) and return them to the igloo. The game's over when all snowballs are back in the igloo.

Try:

- Moving the snowballs with your feet;
- Not losing the snowball – i.e. if it goes outside the Tundratown area, it melts and is out of the game;
- Never giving up.

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?



2 GAME 2: SNOWBALL SPLAT

Play 'Snowball Chaos' again, but this time see if you can 'splat' (tag) a player on the other team with a snowball. Don't throw it, just tag them. When you tag them, they are 'frozen'. They have to balance on one leg for three seconds to get back into the game.

Try:

- Balancing on different legs if you're 'frozen';
- Balancing with your eyes shut;
- Balancing with arms crossed.



3 GAME 3: SNOWBALL RUN

Using their feet, each of the polar bears dribbles a snowball out of the igloo and carries on dribbling them around Tundratown. The police also use their feet to try and take each snowball off the polar bears and return them to the igloo.

Try:

- Stopping a snowball with the bottom of your foot if it's rolling out of Tundratown;
- Making the area bigger to make the game easier.