

CHALLENGES (5) KEEP UP CHALLENGE



Equipment

People

Minutes

STEP 1:

Try to keep the ball off the ground using as many touches as you can, letting it bounce once between touches.

STEP 2:

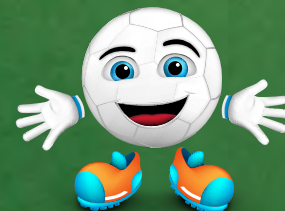
Keep trying to improve your score – how long can you keep the ball up?

STEP 3:

Use as many parts of your body as you can to keep the ball off the ground. Can you do it without letting the ball bounce?



How many parts of your body can you use?



Hi there!

I'm Kicker, your very own guide, coach and friend.

I'm here to take you through some fun activities and challenges, cheering you on every step of the way.

I'll guide you through the pages and give you tips to help if you get stuck! The most important thing is you try your best, learn new things and have fun exploring the McDonald's Fun Football Activity Book!

Let's kick things off!



You'll find these icons at the top of the challenge pages. Here's what they mean...



Use a football and a wall that doesn't have any windows



Use a football and some cones (or other objects) as markers



You will need a pen or pencil



No equipment needed



The number of people needed for the activity



How long the challenge will take

Each challenge has been designed so that participants can take part in safe and suitable space, under parent or guardian supervision. As per the government guidance, each activity should involve those in your home and not with people / friends outside of your household. If you are attempting these challenges in public spaces then please follow social distancing guidelines.

McDonald's FUN FOOTBALL



**If you're new to football,
here are some words you
might come across...**

Goal

When the ball is kicked or headed into the net. Score more of these than your opponents to win the game.

Corner

A kick of the ball from the corner of the pitch, taken to restart play after the ball has left the playing area.

Pitch

An area of grass marked with lines where a football match takes place.

Penalty

Kick taken from a spot marked on the grass. A penalty is awarded by the referee when a player is fouled within a marked zone.

Fans

Follower of a football team or someone who simply enjoys watching the game. Also known as supporter.

Sub

Short for 'substitute', a player who is swapped for another player during a match.

Dribble

When a player runs with the ball at their feet under close control.

**And these are the
activity icons you'll
see in the book...**

