

Chair Soccer

Ages 6-12 · 20-30 min · Two teams

Learning intention

This experience supports children to become strong in their physical wellbeing and to develop an awareness of fairness through team play.

You'll need

- A soft indoor ball
- Four chairs to mark the goals

How to do it

1. Set up two chairs at each end as goals - players score by kicking the ball between the chair legs.
2. Standard soccer rules apply, with no hands and a focus on passing.
3. Because goals are small, the game rewards accuracy over power, keeping it safe indoors.
4. Rotate players so everyone gets time in different positions.

Framework links

MTOP

- **3.2** Children and young people become strong in their physical learning and wellbeing
- **2.3** Children and young people become aware of fairness

NQS

- **2.1.3** Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.

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