

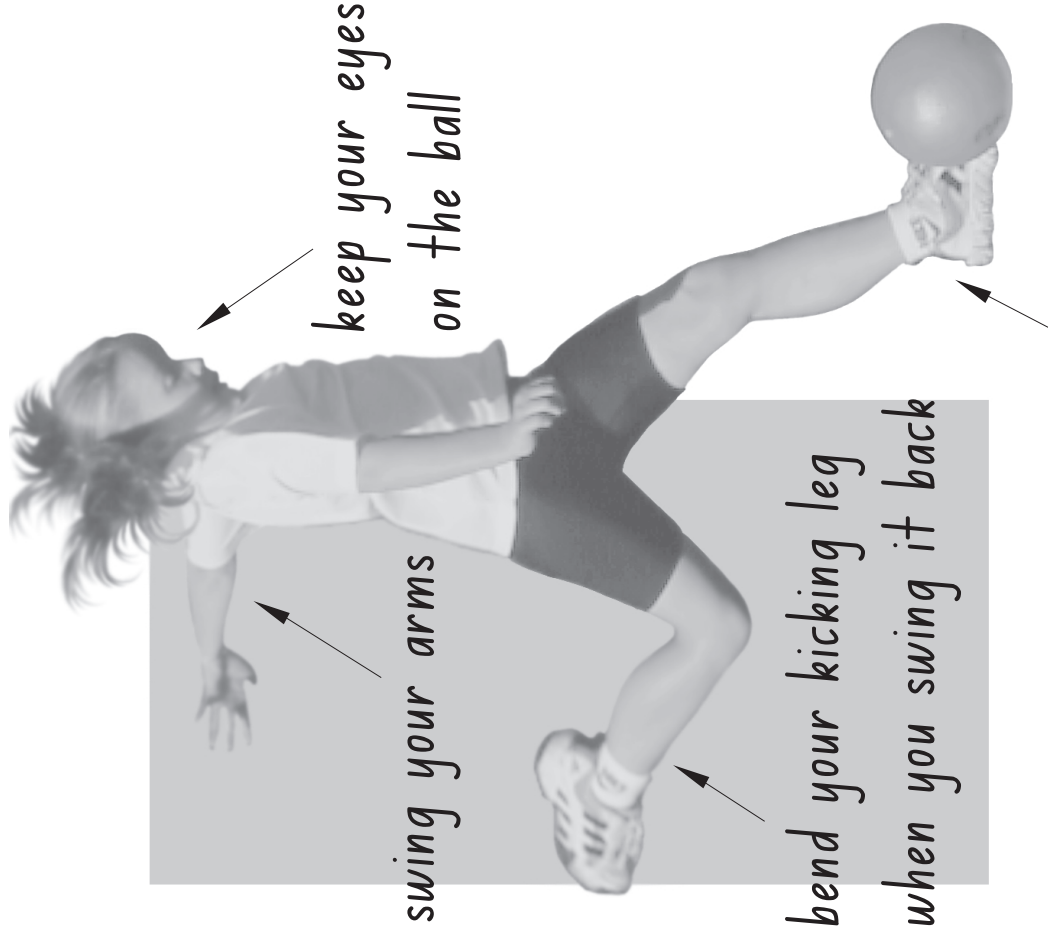


Get active



10. Kick

For the supervisor and the student



keep your eyes
on the ball

swing your arms

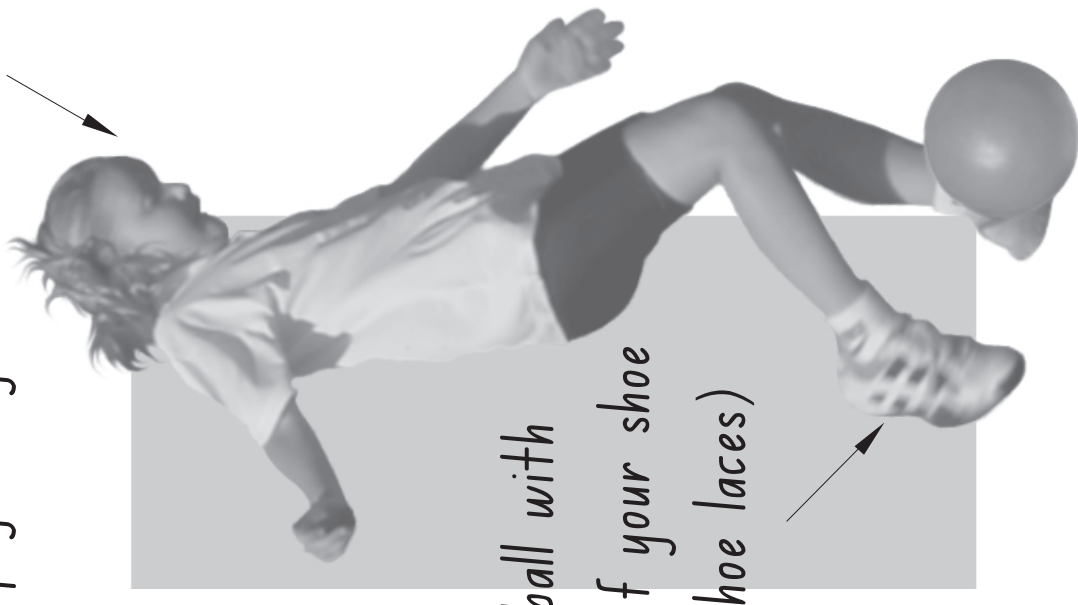
bend your kicking leg
when you swing it back

place foot beside the ball

Show me how to ... **kick**

1

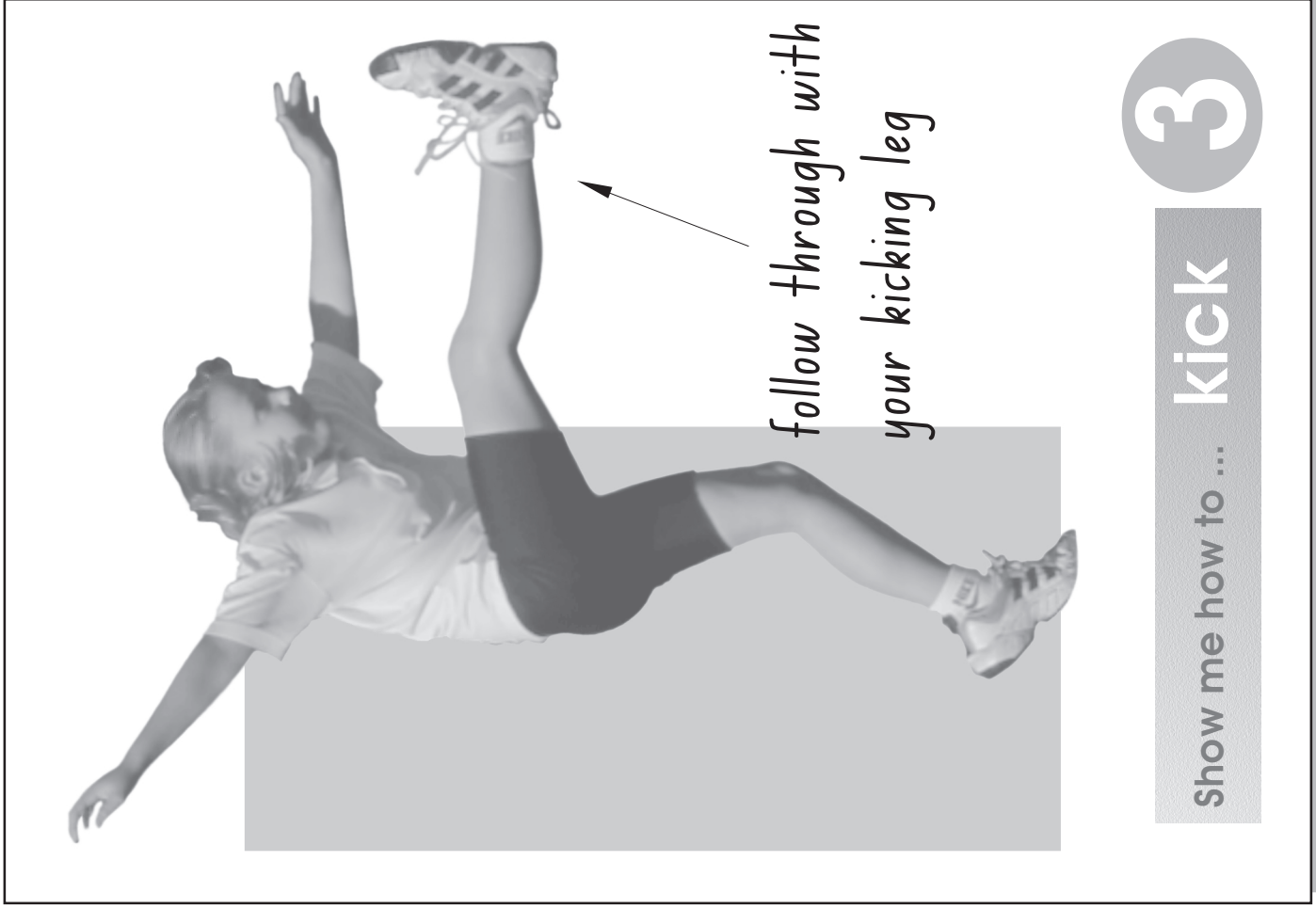
keep your eyes on the ball



kick the ball with
the top of your shoe
(on the shoe laces)

Show me how to ... **kick**

2



*follow through with
your kicking leg*

Show me how to ... **kick**

3