

The Bare-Foot Challenge



Gift says many African children in poor families can't afford shoes & are lucky if they own flip flops. Try skipping bare-foot on grass! How does it feel? What else can you do in bare feet? Foot Fact: Some children in East Africa have to walk FIVE miles to school and then FIVE miles back again, every day - without shoes. How far do you walk to school?

National Curriculum Programme of Study **KS1 Sport and games**

PE1/1.1a master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Useful Resources

Skipping ropes, footballs, bats and balls, a spacious grassed area.

