

## Football

**End of Unit Goal - Children will be able to participate in team games, developing simple tactics for attacking and defending**

Date	Objective	Outcome	Session	Resources	Key Vocabulary
1	<b>Assessment - Cold Task</b>		<p>Talk to the children about rules of football- only use feet, keep ball within the playing field, think about what positions are needed goal keeper etc</p> <p><b>Warm Up-</b> Children to find a space, stretch copy t/Jump Start Johnny. Talk to the children about how in football you always need to be looking around you and finding space. Ask the children to Jog around the hall and change direction when they hear the whistle blow.</p> <p style="background-color: #FF00FF;"><b>Assessment-</b> Children to dribble to ball to the end cone, dribble back half way and pass the ball to the next person in their team, T to use this as an opportunity to assess their ball control. Children to be split into two groups to play a game of football. Record the children on Swivl.</p> <p><b>Plenary -</b> Watch back the Swivl recording. What were we good at? Are there any skills that we need to work on in order to improve?</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Goal posts</li> <li>• Bibs</li> <li>• Swivl</li> <li>• Ipad</li> </ul>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Rules</li> <li>• Positions</li> <li>• Goal keeper</li> <li>• Space</li> <li>• Stretch</li> <li>• Dribble</li> <li>• Pass</li> <li>• Team</li> <li>• Control</li> <li>• Accurate</li> </ul>
2	To be able to kick a ball with some accuracy to a target- goal	Children will be able to kick a ball towards a target with some accuracy.	<p><b>Warm Up-</b> Children to find a space, stretch copy t/Jump Start Johnny. Play traffic lights- children to walk around the yard, ensuring they stay in a space. T to hold up a green card (go) a red card (stop) and an amber card (children to jump on the spot getting ready to move). The aim is to encourage children to watch what is happening around them which will help when playing games.</p> <p><b>Recap-</b> Discuss what happened in previous lessons. What are we learning in this unit of work? Talk to children about improving aim and how we can do this,</p> <p><b>Teach-</b> Sit children with their feet out in front of them. Which parts do they</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Goal posts</li> <li>• Bibs</li> <li>• Green, red, yellow card</li> </ul>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Rules</li> <li>• Positions</li> <li>• Goal Keeper</li> <li>• Space</li> <li>• Stretch</li> <li>• Dribble</li> <li>• Pass</li> <li>• Team</li> <li>• Control</li> <li>• Accurate</li> <li>• Technique</li> </ul>

			<p>think we could use to control the ball? Repeat with kicking talk about using the inside of their foot to kick the ball as it is more accurate. Model this for the children, talk about technique.</p> <p>Split the class into 4 groups, children to practise kicking the ball using the inside of their foot, can they think about how to kick it further, gently etc. provide targets for the children to aim towards, have target smaller/larger depending on ability.</p> <p>Re look at what they found out, where did they look when kicking the ball? How much power did they use etc?</p> <p><b>Apply-</b>In their groups, children to be given a set time to score as many goals as possible. Feedback at the end to see which team won.</p> <p><b>Cool Down-</b> Children to jog around the hall, every time they hear the whistle they need to get slower and slower until they stop. Once all children are stopped do some calming breathing exercises and stretch.</p>		<ul style="list-style-type: none"> <li>• power</li> </ul>
3	To be able to kick a ball with some accuracy to a target-partner	Children will be able to kick a ball towards a partner.	<p><b>Warm up-</b> Children to find a space, stretch copy t/Jump Start Johnny. ball dribble</p> <p>Stuck in mud. Pick three children to tag and three children to release. If child is tagged they must stand with legs open. Children who can free the children stuck to have a bean bag and throw it through their legs.</p> <p><b>Recap-</b> Look at what part of foot to use when kicking. Why do we use that part of the foot. Children to practise this in small groups. Children who were good at this to act as coaches and support other children. Focus for them to be placed upon reflecting on technique.</p> <p><b>Teach-</b> Talk to the children about keeping the ball still with the base of their foot, all children to point to that part of their foot. Why would we need to do this? Talk to the children about stopping the ball to pass to a partner/stop a ball when passed to them. Model for the children and reflect. Practise this in small groups. Call out the name of a child in the group and pass it to them.</p> <p><b>Apply-</b>Use cones to make gates of varying sizes depending on ability. In small groups children to pass the ball through the gate to someone on the opposite side. Ensure children are using the inside of their foot.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Goal posts</li> <li>• Bibs</li> </ul>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Rules</li> <li>• Positions</li> <li>• Goal Keeper</li> <li>• Space</li> <li>• Stretch</li> <li>• Dribble</li> <li>• Pass</li> <li>• Team</li> <li>• Control</li> <li>• Accurate</li> <li>• Technique</li> <li>• Power</li> </ul>

			<p><b>Cool down-</b> Children to jog around the hall, every time they hear the whistle they need to get slower and slower until they stop. Once all children are stopped do some calming breathing exercises and stretch.</p>		
4	To be able to retrieve and return a ball to a base, using simple transporting skills to do so.	Children will be able to pass the ball between their own two feet.	<p><b>Warm up-</b> Children to find a space, stretch copy t/Jump Start Johnny. Children to move around the hall and not bump into each other. Teacher to call specific ways of moving: running, hopping, jumping, skipping, sidestepping etc. Teacher to call out a body part (for example knee), then children have to put that body part on the floor.</p> <p><b>Recap-</b> Children to recap passing, based upon the previous lessons, more time may be needed if accuracy isn't there. Children to pass the ball between them and then try and hit a target/goal. Remind children to use the inside of their foot to do so and stop the ball with the bottom of their foot.</p> <p><b>Teach-</b> Think about how else we can move the ball. Do the children know what the term dribble means? Explain we will use the same part of our foot to do this, we can use both feet if we need (pass it between each foot) or just one foot and move alongside the ball. Talk to the children about using lots of little touches rather than big ones. Model what happens and discuss. Invite children up to have a try and talk about their techniques. Put the children in small groups, Children to dribble to ball to the end cone, dribble back half way and pass the ball to the next person in their team, T to use this as an opportunity to assess their ball control in comparison to the first lesson.</p> <p><b>Apply-</b> Split class into 4 teams and play games of football. Children to apply skills to date.</p> <p><b>Cool down-</b> Cool down caterpillar- children to line up and follow the leader and copy their stretches.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Goal posts</li> <li>• Bibs</li> </ul>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Rules</li> <li>• Positions</li> <li>• Goal Keeper</li> <li>• Space</li> <li>• Stretch</li> <li>• Dribble</li> <li>• Pass</li> <li>• Team</li> <li>• Control</li> <li>• Accurate</li> <li>• Technique</li> <li>• Power</li> </ul>
5	Intercept, retrieve and stop a medium-sized ball with some consistency	Children will be able to kick a ball towards a target and retrieve a ball that is kicked	<p><b>Warm Up-</b> Children to find a space, stretch copy t/Jump Start Johnny. Crossing the river- Students line up at one end of the River Bank (End line) and have to move across to the other river Bank (Opposite End Line) without getting caught by the tagger (fish). If a student gets tagged, they become a tagger. Taggers must always start on the middle line (Half way between the two end lines). If they tag off the middle line, the catch does not count. For students that are waiting too long, introduce a countdown (10 seconds). If they have not made it to River Bank in 1 second, they become a tagger.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Goal posts</li> <li>• Bibs</li> </ul>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Rules</li> <li>• Positions</li> <li>• Goal Keeper</li> <li>• Space</li> <li>• Stretch</li> <li>• Dribble</li> <li>• Pass</li> </ul>

		towards them.	<p><b>Recap-</b> Dribble the ball around the hall, when the teacher shouts pass look for someone in the class to pass to. Children without a ball to move around the room too. Repeat, this time add in hidden interceptors. Pick children to try and steal a ball when being passed.</p> <p><b>Teach-</b> Think about the game of football yesterday. How did we get the ball off the other team? Think about what intercepting means. Look at passing the ball but getting the ball before it reaches the other person. Play piggy in the middle- In groups of 4/5 children to pass the ball between them but this time one person is going to intercept by trying to get the ball before the other person gets it. Swap the person in the middle each time they intercept the ball.</p> <p><b>Apply-</b> Split class into 4 teams and play games of football. Children to apply skills to date. Encourage children to use the new intercepting skills to do so.</p> <p><b>Cool Down-</b> Jump Start Johnny cool down</p>		<ul style="list-style-type: none"> <li>• Team</li> <li>• Control</li> <li>• Accurate</li> <li>• Technique</li> <li>• Power</li> </ul>
6	Assessment Session - Hot Task	<p><b>End of Unit Goal -</b></p> <p>Children will be able to participate in team games, developing simple tactics for attacking and defending</p>	<p><b>Warm up-</b> Children to find a space, stretch copy t/Jump Start Johnny. Split class into two teams, spread cones around the room, some upside down, some the right way. One team to put cones they right way up the other to put them upside down. Winning team is the team with the most amount of cones turned the way they need them,</p> <p><b>Assessment session -</b> Set up foot ball tournament. Children to apply the skills they have learnt so far to play a game. Record the game on Sviwl for children to watch back.</p> <p><b>Teach/apply</b> Children to take on the role of coaches- what can they see that the children are doing well? What do they need to improve? Focus in this session should be upon evaluating their own and others performance.</p> <p><b>Plenary -</b> Children to watch back the Swiwl recording. What skills can they see that they have been using? As a class make a mind map of all of the skills they have learnt during this unit of work.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Goal posts</li> <li>• Bibs</li> </ul>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Rules</li> <li>• Positions</li> <li>• Goal Keeper</li> <li>• Space</li> <li>• Stretch</li> <li>• Dribble</li> <li>• Pass</li> <li>• Team</li> <li>• Control</li> <li>• Accurate</li> <li>• Technique</li> <li>• Power</li> </ul>