

**Topic: PE – Football****Year: 5****NC Strand: 'Overcoming opponents', 'analysing performance' and 'competitive sports.'****What should I already know?**

During PE lessons at lower school pupils should have:

- Explored and used a variety of balls, beanbags and quoits and developed single action skills.
- Observed some basic principles of attack (*i.e. use of space to avoid others*).
- Worked in small teams in a variety of roles.
- Used and kept basic rules for games activities.
- Were taught the basic rules of football
- Had basic training in passing and receiving of the ball

What will I know by the end of the unit?

I will know by the end of this unit-

- I will know how to move with ease and show control in a range of physical contexts *i.e.* feet, chest and head.
- Generate & implement ideas and strategies to solve game play problems.
- I will be able to communicate clearly and cooperatively with others in my team
- I will be able to choose and perform basic football skills with control and accuracy. To begin to explore ways of using space and develop an understanding about how to outwit opponents.
- I will develop the skills necessary to outwit opponents. Passing, shooting, throwing and control will be developed through small sided games and conditional situations.
- Be able to understand the concept of games activities and make effective evaluations of strengths and weaknesses in performance. Suggest areas for improvement. Peer coaching.
- I will need to implement tactical decisions based on movement of the ball into space and choice of skill execution. Will understand the concept of a team and working with a partner



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Vocabulary

Control	an offensive strategy in which a team tries to keep possession of the ball for extended periods of time.
balance	the ability to stay upright or stay in control of body movement, and coordination is the ability to move two or more body parts under control, smoothly and efficiently
receive	to prepare to take possession of the ball from a kick in football .
Movement	binds together all of the skills of the game into a coherent flow, and in this way quality movement is fundamental to quality play.
Possession	the amount of time a team possesses the ball during a game of football . Possession is usually expressed as a percentage
speed	the ability to move quickly across the ground or move limbs rapidly to grab or throw. ... Movement speed requires good strength and power, but also too much body weight and air resistance can act to slow the person down.
attack	the term used to describe the movement of the team in possession of the ball.
defend	the action of preventing an opponent from scoring. ... Similarly, a defense player or defender is a player who is generally charged with preventing the other team's forwards from being able to bear down directly on their own team's goalkeeper or goaltender.
shoot	the most common way for goals to be scored. It is done using the feet; using the head
Volley	an air-borne strike, where a player's foot meets and directs the ball in an angled direction before it has time to reach the ground.

Football positions





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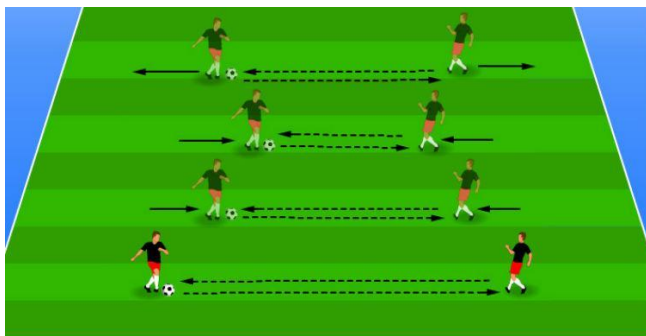
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11 A SIDE

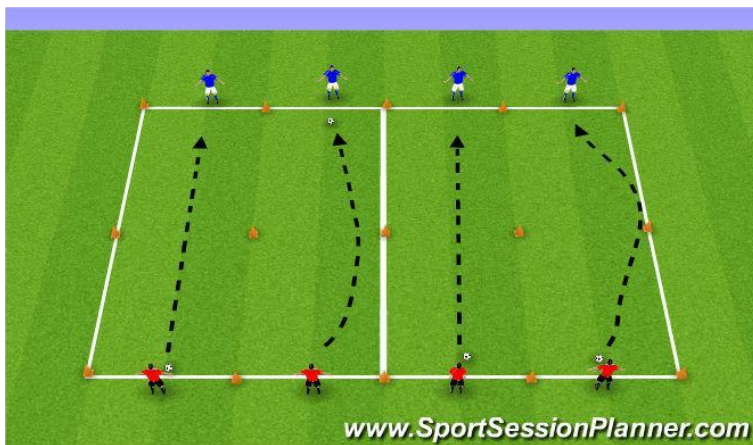
7 A SIDE (YEAR 5/6)

Teaching drills

Passing Drills



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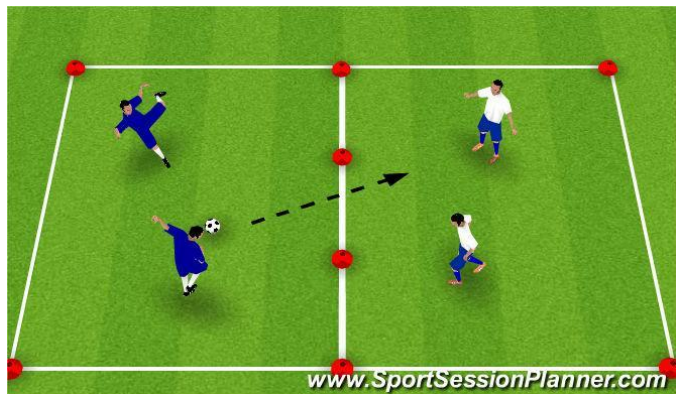
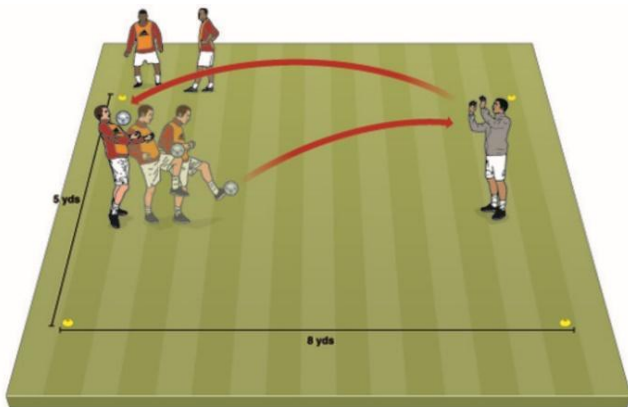


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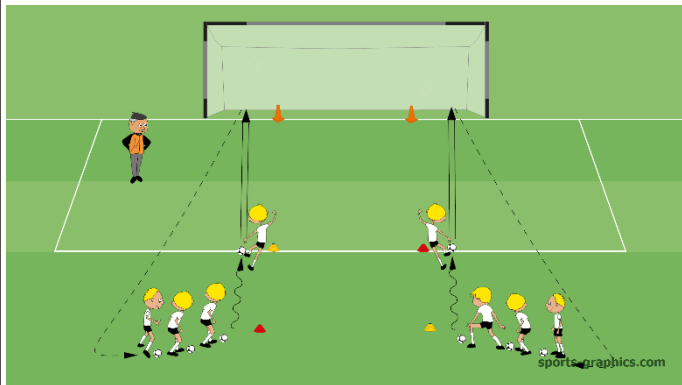
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Controlling drills



Shooting Drills





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