



Football

Key Words

Teamwork - It's important that you work together and get along with other players or members.

Respect – Respect within PE can be developed in the following ways:

- Caring for equipment and apparatus
- Keeping themselves and others safe i.e. when travelling in a space, moving equipment
- Celebrating others' successes, including of opponents
- Listening to teachers' instructions
- Listening and responding to others' ideas
- Understanding everyone has a right to take part regardless of ability
- Recognising others' contributions.

Receive- If you receive the ball in the game, it means someone sends it towards you.

Control – To control the ball is to master it. Properly controlling the ball means that a move will be successful. The control movements to focus on are: directed control and gathering the ball while moving – these introduce speed into the play.

Speed - The rate at which someone or something moves or operates or is able to move or operate.

Possession - This is a term used in football, and other sports, to describe who has the ball. It can also be used to describe how long a team/player has/has not had the ball.

Accuracy – One of the most important skills in football is shooting. You have to shoot to score goals, and you need to score goals to win games. Therefore, it's important to strike the ball accurately to help improve your chances of scoring a goal.

Shoot – Shooting is easily the most common way for goals to be scored. It is done using feet or using the head.

Cushion - When used as a verb, **to cushion**, means to pass or shoot in a controlled, delicate way. The ball is passed to a player, who then guides or directs the ball, taking the speed off the pass or cross. We can use the adjective to describe this kind of shot, header or pass: a cushioned header is a header with no force or power added, the player simply directs the ball skilfully into the net.

Attack and Defence - Attacking is the term used to describe the movement of the team in possession of the ball. Defence is the action of preventing an opponent from scoring.

Space - To know how space changes within a game and when and how to move into changing spaces. To draw a defender away to create space.

Weight off Pass - The "weight" of a pass is how hard you hit the ball. It is most important to weight the pass correctly when passing into space.

Strike – A strike means an accurate, driven shot kicked using the laces of the boot.

Volley - A volley is an air-borne strike in association football, where a player's foot meets and directs the ball in an angled direction before it has time to reach the ground. A volley can be extremely hard to aim and requires good foot-eye coordination and timing.

School Games Values



The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons and sporting events we attend.

Football - Control

Stopping the Ball



1. Move your body into position to stop the ball from passing.
2. Place your foot on top of the ball.

Control



1. Face the direction of the ball approaching.
2. Watch the ball all the way onto your foot and use your arms to balance.
3. Cushion the ball with the side of your foot.

Football - Passing

1. Place your non-kicking foot next to the ball.



2. Lean your body forward over the ball as you swing your foot.



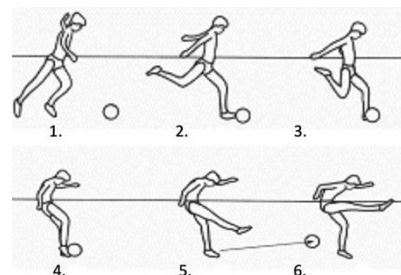
3. Strike the ball solidly with the inside of your foot.
4. Keep your body balanced at all times.



Football - Shooting



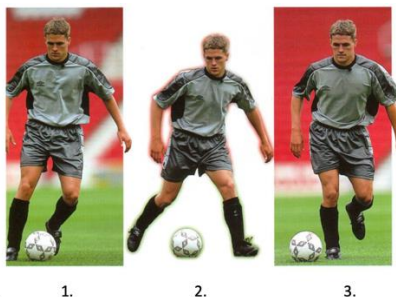
1. Put one foot next to the ball.
2. Pull the striking foot backwards.
3. Balance your body and swing foot through. Make a strong/firm contact in the ball.



Interesting Facts

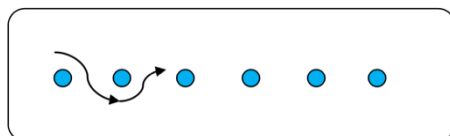
- Football was invented in China in approximately 467 B.C.
- Football is the most watched and most played sport in the world.
- During every game, Football players run an average of 6 miles.
- Arthur Wharton is considered the first black professional footballer in the world.
- 80% of the world's footballs are manufactured in Pakistan.
- The maximum number of goals ever scored was by Stephan Stanis (France) in December 2942, scoring an impressive 16 goals!
- More than 3.5 billion people watch the FIFA World Cup.
- Sheffield is the oldest football club in the world.
- The fastest goal ever scored took only 2.4 seconds.
- Only 8 counties have won the World Cup

Football - Dribbling



1. Make sure you have good control of the ball by using the inside and outside of your foot.
2. Keep the ball close to your feet.
3. Keep eyes focused on the ball.
4. Keep the body balanced.

Using cones can help you practice!



Rules of the Game

- Each team should have one goalie. This role can be rotated for each game.
- Smaller teams are more beneficial. Teams of 5 or 7 are ideal.
- Each half of the game will be 5/10 minutes long, with a small break between the halves.
- To start the game, team captains will toss a coin to see who will begin the game with the ball. They will take the ball to the centre circle and begin there.
- When the referee blows the whistle to start play, the game is started by a kick from the player in the middle of the centre circle.
- This is called a 'kick off'. Every other player must be six paces away from the child taking the kick-off.
- The opposing team will begin the second half with the ball.
- After each goal, the team who lost the goal begins play again with a kick-off.
- If you wish to defend someone, you can stand as near as you wish and use your feet to knock the ball while the opponent is standing with the ball.
- You must only touch the ball with your feet and no other part of your body. The goalie may use their hand to defend the goal. The goalie is only allowed to use their hand to defend the ball when inside the box.
- To move the ball, you may use the side of your foot to push the ball. This is good when dribbling and moving with the ball.
- You may wish to kick the ball using your foot.
- Football is a contact sport, therefore you can come into contact with any other player. However, you may not use force against the other player. This means no pushing, shoving, or unfair contact. This is called a foul and the other team will receive a free kick from where the foul occurred. All other players must be six paces from the person taking the free kick.
- To score a goal, a player must kick the ball and it must go completely over the goal-line and in the goal.
- If a penalty or foul occurs inside the box, a penalty kick takes place.
- If the ball is out of field of play, it will be decided who was the last team to touch the ball. The other team will then be given the side-line throw in.
- Players are allowed anywhere in the pitch when playing football (at school).

The Impact of Physical Activity

- Physical activity keeps the body strong and healthy and improves mental health by decreasing depression, anxiety, pain and loneliness.
- Physical activity also improves focus, school performance, sleep and energy levels.
- Those who undertake regular physical activity enjoy improved relationships and a more positive body image.
- Regular physical activity helps to develop your movement skills. It also, of course, helps bones become stronger and builds a healthy heart and stronger muscles. Physical activity also helps your child keep a healthy body weight.
- Exercise leads to improved motor skills (such as hand-eye co-ordination), better thinking and problem-solving, stronger attention skills and improved learning.