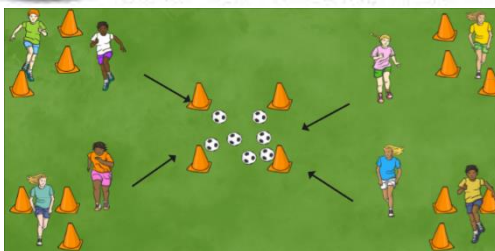




FOOTBALL



Key questions:

What strategies could you use to help you when passing the ball?

What part of your foot should you be using when dribbling?

How does doing exercise make you feel?



The School Games Values



Key skills / vocabulary:

Passing: This is where you kick the ball and pass the ball to someone on your team.

Dribbling: This is where you control the ball with your foot and move along with it.

Shooting: This is where you kick the ball, aiming for the goal.

Attacking: Trying to gain the ball from your opposition.

Defending: Trying to keep the ball between your teammates and ensuring the opposition do not score a goal.

Agility: Being able to move around quickly.

Co-ordination: Being able to coordinate running with the ball whilst also being able to look around.

Reaction time: responding quickly to something (such as a pass).

This term in football we will be exploring the skills involved with the sport, through mini games progressing onto game situations, focusing on certain values. The main values we will be focusing on (even though they are all important!) will be teamwork, respect and self-belief.

The games we will be playing:

Dribbling around a space.
(co-ordination & dribbling)

Cups and saucers
(teamwork, agility and reaction time)

Piggy in the middle
(teamwork & passing)

Robin hood (teamwork & reaction time)

Counting through the gateway (dribbling, passing, shooting and agility).

2 defenders and 1 attacker/
1 attacker and 2 defenders (all the skills).

The equipment we will be using: