



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.

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.