

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: KS1 Year A– Football

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Prior Learning (what pupils already know and can do)

- Pupils know some fundamental football skills.
- Began to know how to dribble a ball with their feet.
- Work effectively with others and as a team.
- Know how to pass the ball towards or through a target.
- Know how to get away from opponents in tagging games.
- Know the basic principles of attacking and defending.

Long-term Learning (what pupils MUST know and remember) End Goals

Football- control, dribbling, goal keeping, shooting,

- To know how to use their feet effectively in different ways to stop, pass and keep the ball under control
- To be able to change directions, turn and dribble attempting to keep the ball under control and close to them.
- To know how to demonstrate the technique of a goalkeeper and know how to shoot in different scenarios.
- To be able to find a space in any area successfully and begin to understand how to attack and defend.
- To know how to play a basic game in small sided games of 4v4, play fairly and apply the rules.

Key Vocabulary

Agility, balance, control, coordination, passing, running, accuracy, speed, teamwork, inclusion,

Session 1 – **To be able to move with the ball in a controlled manner and to stop the ball using my feet not hands. To be able to pass the ball using the inside of my foot and to find a space and dribble with some control.**

- To know how to stop the ball using the soles of feet and keep the ball under control.
- To know how to use the insides of the feet know how to successfully pass the ball.
- To know how to plant (foot next to the ball), pass (inside of the other foot) and point (your foot in the direction you want the ball to go).

Healthy Participation – To discuss the benefits of playing football and talk about how It can build up our strength, stamina, and speed.

Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, shoot, save.

Session 2 – **To be able to develop and work on dribbling skills moving with control. To explore ways of moving around using our feet to direct the ball.**

- To know that how to keep the ball close to feet when dribbling.
- To know when dribbling to keep the ball near to me, head up and be able to dribble around the space.

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- To be able to change directions, turn and dribble keeping the ball under control.

Healthy Participation – Discuss why confidence is important in football and why we need to use it to be able to perform better in our PE lessons. Talk about how we can encourage others to be more confident when playing. Can we say something nice? Can we praise each other throughout the lesson?

Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, shoot, save.

Session 3 – To demonstrate a controlled shooting motion on a goal. To develop an understanding of how to create space to shoot. To understand how to adjust shot selection based on opponents positioning and environment. To be able to save goals using the correct stance.

- To know how to demonstrate the technique of a goalkeeper.
- To know how to on command stand in a sideways stance and perform high save action.
- To know how to kick a ball on target and to know how to demonstrate the correct shooting technique.
- To know how to shoot in different scenarios.

Healthy Participation – Highlight the benefits of taking part in football on your long-term health. Discuss the benefits of being healthy and active. Discuss options for local football teams in the area.

Warrington Town FC and Crossfield's.

Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, shoot, save.

Session 4 – To be able to replicate passes in a space with changing environment. To be able to attack and defend effectively.

- To be able to find a space in any area successfully.
- To know how to stick with a player, so they are not “open” to teammates to make a pass too.
- To know when marking I must stay 2-3 feet away.
- To know when attacking I know I must aim to get away from my marker.
- To know how attack and defend when playing organised activities and games.

Healthy Participation – To know the importance of having regular drink breaths throughout the PE lesson. To understand that if you are sweating you need to be drinking fluids to replace the fluids you lose when you sweat.

Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, shoot, save.

Session 5 – To be able to work as a team and with others showing good sportsmanship throughout. To be able to play a basic game of football understanding some rules of the game.

- To be able to position myself in condition games to be able to try and defend the ball.
- To know methods of stopping the other team or my opponent from scoring.
- To know how to abide by the rules of football, play fairly and play a game of football with ease.

Healthy Participation – To understand the type of fitness components that football players need to perform at a high level.

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Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, shoot, save.

Session 6 – **To be able to work effectively with others and as a team. To know how to work together as a team to score. To be able to play a small, sided game of football. Work in small teams and plan how to play.**

- To know how to score in a variety of ways into goals and at targets.
- To know how to begin to understand how to attack and defend.
- To know how to play the game in small sides games of 4v4 and can apply the rules.

Healthy Participation – To understand that exercise can help your body stay at, or reach, a healthy weight. To stay at a healthy weight, you must use up the energy you eat. Exercise helps you do that.

Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, shoot, save.

Future learning this content supports:

This unit will support future subjects in UKS2. Pupils will develop the ability to outwit opponents and teams using strategies and skills. Pupils will have the fundamental skills required to play competitive games. Pupils will have the ability to use core skills and understand the basic rules and roles during a game situation.

Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).