

# KESTEVEN AND SLEAFORD HIGH SCHOOL

## Physical Education Scheme of Learning Year 9- Football

### Intent – Rationale

Students will focus on developing, implementing and refining team and individual game plans to outwit opponents. Teams will be expected to plan strategies and implement them in different situations in a football game. In invasion games the main intention is to invade your opponents territory and to outwit them so that you can score goals or points.

<p><b>Sequencing – what prior learning does this topic build upon?</b></p> <ul style="list-style-type: none"> <li>Experienced setting up and organising football practices in groups</li> <li>Applied and adapted the principles of attack and defence in small sided games</li> <li>Lead own warm up and cool down safely.</li> <li>Learnt about specific techniques</li> </ul>	<p><b>Sequencing – what subsequent learning does this topic feed into?</b></p> <ul style="list-style-type: none"> <li>Year 10 outdoor games</li> </ul>
<p><b>What are the links with other subjects in the curriculum?</b></p> <ul style="list-style-type: none"> <li>Literacy (key words), PSHE (sportsmanship), Science (bodily functions and healthy lifestyle consequences)</li> </ul>	<p><b>What are the links to SMSC, British Values and Careers?</b></p> <ul style="list-style-type: none"> <li>Use the coded help guides to complete this section</li> </ul>
<p><b>What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?</b></p> <ul style="list-style-type: none"> <li>Please fill this in with your own suggestions alternatively the LRC team will provide some suggested titles/links</li> </ul>	<p><b>What are the opportunities for developing mathematical skills?</b></p> <ul style="list-style-type: none"> <li>Maths (scoring)</li> </ul>

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### Intent – Concepts

**What knowledge will students gain and what skills will they develop as a consequence of this topic?**

#### Know

Control of the ball is consistent and skills are performed much more quickly in response to opposition pressures. Can select a very good range of skills to outwit an opponent. Is able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can suggest ways to improve performances. Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.

#### Apply

**6** Good skill level and shows accurate replication within game situations. Becoming more influential in the game and successfully outwits opponents. Can change strategies and tactics to exploit opponents' weaknesses. Can analyse and explain how skills etc have been used and suggest ways to improve further. Will understand how different types of exercise helps with health and fitness and can suggest ways of warming up and cooling down.

#### Extend

An advanced level of skill and technique is evident most of the time even under pressure. Can select an excellent range of skills to outwit an opponent. Is able to demonstrate a very good level of tactical awareness and can adapt and apply these to suit both defensive and attacking situations. Can analyse their own opponent's play using sound technical knowledge, and plan ways to improve team and individual performance. Can plan their own exercise and activity programme to suit their specific needs and carry it out.

**What subject specific language will be used and developed in this topic?**

**What opportunities are available for assessing the progress of students?**

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<ul style="list-style-type: none"> <li>the planning and playing of games, eg starts, restarts, set plays, team strategy, team play, tournaments, competitions, preparation, recovery, fitness, exercise, activity, leading, officiating, principles of play, attack, defence, outwitting an opponent, countering a play</li> </ul>	<ul style="list-style-type: none"> <li>Q &amp; A, Formative and summative assessment.</li> </ul>
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## Intent – Concepts

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
<b>Passing</b>	To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line. To be able to outwit opponents with a variety of passes.	To be able to perform these passes in a small sided game.	Warm up – Student led, progressive jogging and dynamic stretching. Pairs; passing ball over set distance (drive pass, lofted, non-dominant foot). Teaching points: Passing for Accuracy / Distance / Possession, Pass and move into space (use varying types of passes). 3vs1 in small square (progressively reduce space to work in). Condition – Keep Ball – No Goals or 5/10 Passes = a goal. Small sided game

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<p><b>Control &amp; Turning</b></p>	<p>To be able to use the different parts of the body to control the ball. To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.</p>	<p>To outwit opponents with the combination of advanced turns and dribbles making decisions about how best to advance on opposition.</p>	<p>Recap Control / Under Pressure 2 v 1, 3 v 1 / Circles / Develop ways of beating a player. Teaching points; Control under pressure, Turning out to create space, Maintain possession Develop from throw ins, and game play. Play conditioned games – must dribble ball through gate to score. Small Sided games</p>
<p><b>Attack/Beating an opponent</b></p>	<p>To be able to outwit opponents using dummies &amp; fakes at speed. To understand the importance of width and playing into space in order to attack.</p>	<p>To develop strategic and tactical play.</p>	<p>In channels with a tackler try to beat using various means fake, step-over, nutmeg. 3s/4s in grids. Pass and move to the empty corner. How many passes in given time. Use of space to keep possession. Teaching points; How to break down a defence, develop strategy of attacking wide. Attack from basic set pieces. Small sided - condition game – Free corner areas to encourage wide play or must try to beat an opponent by dribbling before passing or shooting.</p>
<p><b>Shooting</b></p>	<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip and volley. To develop their understanding and knowledge of</p>	<p>To be able to assess &amp; evaluate shooting techniques and suggest ways to improve.</p>	<p>Recap Shooting technique in small groups. One touch out of feet and drive low. Develop to</p>

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	<p>how to execute a successful shot on goal i.e. success criteria. To appreciate how to adjust shot selection based on opponents positioning.</p>		<p>small crosses or set ups from different positions. Attack vs Defence on one small goal. (2 vs 2 moving onto 3 vs 2). Use of extra pupil? Discuss how to use effectively. Teaching points: Head over ball. Aim for corners with accuracy. Strike through ball, lock ankle. Focus on pupil's percentage of shots on target. Above 50%? Why important? Conditional games</p>
<b>Defensive Tactics</b>	<p>To develop their understanding and knowledge of how to stop attack effectively. To perform the different types of defensive techniques in different situation e.g. jockeying, goal side, closing down.</p>	<p>To understand and appreciate the need to make decisions about choice of defensive strategy.</p>	<p>Introduce formations and the benefits. Intro 4 / 4 / 2 – 5 / 3 / 2 – Role of defence checks. Working in small groups - channel drill. 3 vs 2. Identify weak side of opponent. Teaching points; Pushing up, using offside, Sweeping, Team Defence / Pushing Up / Sweeper Conditional games.</p>
<b>Set Plays</b>	<p>To perform crosses using varying height, speed and positioning. To develop creativity in developing new strategies from corner kicks in attack and defence. To understand techniques to stop opponents</p>	<p>To incorporate corner kicks, goalkeeping, defending and attacking strategies in small games.</p>	<p>Develop attacking at set plays. Small groups – split into attacker and defenders. Experiment with use of head / chest / knee / feet / volley to outwit opponents. Teaching points; Communication and organisation skills, Pupils develop tactics in groups of 6.</p>

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	outwitting them i.e. goal side, man to man tactics.		Corners / Free Kicks / Throw Ins. 5 DEF VS 5 ATT with 1 GK and 1 corner taker. 3 goes each. The pupils work on set plays and signals from corner kicks. Small sided games – Starting games from corners, throw – ins, and goalkeeper.
<b>Assessment</b>	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.	The pupils are to develop their knowledge and understanding of the rules in football. Demonstrate knowledge of health and diet.	Warm up – Student led, progressive jogging and dynamic stretching. Groups of 5 or 6 - 5 v 5, 6 v 6, Allow pupils to demonstrate ability to replicate skills and outwit opponents using skill learnt Differentiated small games.