

KESTEVEN AND SLEAFORD HIGH SCHOOL

Physical Education Scheme of Learning Year 7- Football

Intent – Rationale

In this unit students focus on how to use basic principles of attack and defence to plan strategy and tactics for football. They work on improving the quality of their skills using various techniques to. In all games activities, students think about how to use skills, strategies and tactics to outwit opposition.

<p>Sequencing – what prior learning does this topic build upon?</p> <ul style="list-style-type: none"> • Learnt the basic principles of attack and defence. • Worked in small teams to plan how to play • Taken different roles in some games, including attacker and defender 	<p>Sequencing – what subsequent learning does this topic feed into?</p> <ul style="list-style-type: none"> • Year 8 Football
<p>What are the links with other subjects in the curriculum?</p> <ul style="list-style-type: none"> • Literacy (key words), PSHE (sportsmanship), Science (bodily functions and healthy lifestyle consequences) 	<p>What are the links to SMSC, British Values and Careers?</p> <ul style="list-style-type: none"> • Use the coded help guides to complete this section
<p>What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?</p> <ul style="list-style-type: none"> • Please fill this in with your own suggestions alternatively the LRC team will provide some suggested titles/links 	<p>What are the opportunities for developing mathematical skills?</p> <ul style="list-style-type: none"> • Maths (scoring)

KESTEVEN AND SLEAFORD HIGH SCHOOL

Physical Education Scheme of Learning

Year 7- Football

Intent – Concepts

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

Know

Can use basic techniques in a small sided game and can pass and shoot with reasonable accuracy. Can demonstrate techniques usually applied with coordination and control to gain an advance over an opponent. Tactically awareness is improving and response to situations has started to vary. Can see the differences between their performances and others. Understands need to warm up and the importance of making health lifestyle options.

Apply

Can use skills and techniques together with accuracy to outwit an opponent. Can demonstrate skills successfully and begins to understand importance of strategy and tactics when attacking. Able to compare their own and others work and see the differences so that they can improve their own performance. Able to explain in simple terms the physical effects of exercise on their body and safe way of preparing for exercise. A deeper understanding of the health and fitness and the importance.

Extend

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.

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

What opportunities are available for assessing the progress of students?

KESTEVEN AND SLEAFORD HIGH SCHOOL

<ul style="list-style-type: none"> • tactics, eg principles of attack and defence, finding and using space, changing speed, being direct, marking, covering, delaying, moving feet, watching the ball, following through • preparation, eg warming up, cooling down • assessment, eg collecting and analysing data 	<ul style="list-style-type: none"> • Q & A, Formative and summative assessment.
---	--

Intent – Concepts

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
Intro Passing – Side Foot	To be able to perform the basic Football skills of passing and receiving. To be able to perform these in a small sided game. To understand and know where passing is used in football.	To be able to outwit opponents with passes.	Warm up – Student led, progressive jogging and dynamic stretching. Side Foot – TP’s – 3’s – Circles 5 Metre Game – Channel 3 v 3 Game Condition on Game – 5 Passes = a goal Teaching points: Follow through, Standing foot position, Weight and accuracy
Intro Dribbling, Control & Turning	To be able to perform the basic dribbling with control. To be able to outwit opponents with the use of these techniques.	To be able to perform skills in a small sided game making decisions about how best to advance on opposition.	Dribbling relays. Progress to in and out of cones. Demo and pair work - 3 Touch - Turns - Drag Back, Outside Foot

KESTEVEN AND SLEAFORD HIGH SCHOOL

			<p>Condition on Game – 2 goals at each end – Score change Ends – Turn</p> <p>Teaching points: Take weight out of ball. Use side of foot, get ball out of feet. Always turn into space.</p>
Passing and movement off the ball.	<p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To understand the importance of width and playing into space in order to attack.</p>	<p>To develop strategic and tactical play in football.</p>	<p>3s/4s in grids. Pass and move to the empty corner. How many passes in given time.</p> <p>Conditioned Game – 3 passes before you can score</p> <p>Teaching points: Use of space to keep possession. Shows movement to support player with the ball.</p>
Intro Shooting	<p>To understand and know the benefits of types of shot on goal.</p> <p>To develop their understanding and knowledge of how to execute a successful shot on goal.</p>	<p>To appreciate how to adjust shot selection based on opponents positioning.</p>	<p>3's Shoot at a goal – from either side – Concentrate on accuracy not power. Low and into the corners = harder for opponents to stop.</p> <p>Condition – Number game shoot on site, coned area in the corner of goals = 2 points.</p> <p>Teaching points: Head over ball. Aim for corners with accuracy. Strike through ball, lock ankle. Body balance</p>
Attack/outwitting an opponent	<p>To develop their understanding and knowledge of how to outwit</p>	<p>To understand and appreciate the need to make decisions</p>	<p>4v2 attack end line</p>

KESTEVEN AND SLEAFORD HIGH SCHOOL

	an opponent using the skills learnt.	about choice of technique and refining ideas when unsuccessful.	Condition – Channel Game or Defence vs Attack – Uneven Numbers Teaching points Always at pace, with support, Use width, Move the ball quickly, limit touches
Defensive/tackling techniques	To be able to perform basic defensive skills i.e Tackling To understand when to defend and how to stop opponents from advancing.	Pupils recognize the need identify strengths and weaknesses when playing small sided games.	1 v 1, 2 v 1 Defensive Heading during game Condition – Mark only 1 player 6v6 game Teaching points Man on man, Low and side on body position, Arms length, without committing.
Assessment	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.	Warm up – Student led, progressive jogging and dynamic stretching. Groups of 5 or 6 - 5 v 5, 6 v 6 Differentiated on Ability Pupils Grade Themselves – Winners up / Losers down

KESTEVEN AND SLEAFORD HIGH SCHOOL