

## Key Stage 3 PE – Year 7 Football

Enquiry Question:



## Background

Students will have a basic understanding of the game and an experience of the skills required

## Why we teach it

Sport that is played competitively in local, County and National competitions.  
Popular within our school community (student voice); aspirations of Academy.

## Values

- Learn transferable skills
- BEST: Teamwork
- BEST: Bravery: Understanding their strengths and weaknesses and show resilience

Lesson	Title	Activities	Independent Learning	SMSC Links (Personal Development)	Transferable skills
1	<p><b>Movement with the ball – Dribbling, Receiving &amp; Turning</b> To be able to perform the basic dribbling movements with control.</p> <p>To be able to outwit opponents with the use of these techniques.</p> <p>To be able to perform skills in a small sided game making decisions about how best to advance on opposition territory.</p>	<p>Pulse raiser – football movements in a small 10m grid. Dynamic stretches (i.e. lunge, touch instep of foot) 1 ball each or 1 between 2. Dribbling relays. Progress to in and out of cones. Move into small 5m grids – Pairs with 1 ball - Teaching points: Take weight out of ball. Use side of foot, get ball out of feet. Always turn into space (Scan and check shoulder). Conditioned competitive games (See Small Sided Games QR Code) – 2 goals at each end to encourage decision making based on defenders position.</p>	<p>Students to officiate their own game.</p> <p>Give feedback to other students</p> <p>Think about their own performance and how it can be improved</p>	<p>Cooperation</p> <p>Integrity</p> <p>Resilience</p>	<p><b>Maths - Biomechanics, angles.</b></p>
2	<p><b>Passing and movement off the ball.</b> To be able to replicate passes in a space with changing environment.</p> <p>To understand the importance of width and playing into space in order to attack and outwit opponents.</p> <p>To identify the type of information you might provide team mates when off the ball.</p>	<p>In 25 x 25m grid, pupils to pass and move as a pair. Move as a 'unit' to the empty corners or space. Introduce cone gates in the working area. Pass must go through it.</p> <p>Highlight communication skills (use prior learning shoulder checks) Conditioned Game – 3 passes before you can score.</p> <p>Teaching points: Use of space to keep possession. Show movement to support player with the ball (not always forward!).</p>	<p>Students to officiate their own game.</p> <p>Give feedback to other students</p> <p>Think about their own performance and how it can be improved</p>	<p>Cooperation</p> <p>Integrity</p> <p>Resilience</p>	<p>Maths – angles, keeping score</p>
3	<p><b>Passing Variations</b> To be able to accurately replicate the core skills of passing and receiving.</p> <p>To understand and develop the knowledge of the type of pass needed and when.</p> <p>To be able to outwit opponents with a variety of passes in a competitive small sided game.</p>	<p>Split group into 2. One with ball + other without (10 x 20m grid) Dribbling and move with ball or jog around in area.</p> <p>Add football movements both with and without ball. 3's – Pass and move around 30mx30m grid.</p> <p>Avoid other 3's (Spatial awareness) – use side Foot, outside, dominant, non-dominant.</p> <p>Teaching Points – balance, coordination, weight of pass</p>	<p>Students to officiate their own game.</p> <p>Give feedback to other students</p> <p>Think about their own performance and how it can be improved</p>	<p>Cooperation</p> <p>Integrity</p> <p>Resilience</p>	<p>Other invasion games – passing and moving</p>

Key Stage 3 PE			Background	Why we teach it	Values
Lesson	Title		Students will have a basic understanding of the game and an experience of the skills	Sport that is played competitively in local, County and National competitions. Popular within our school community (student voice); aspirations of Academy	SMSC Links (Personal Development)
5	<b>Attack/outwitting an opponents</b> To develop a knowledge of how to outwit an opponent using the appropriate football skills.	Pairs war follow up only (see passing and angles QR code)		Give feedback to other students Analyse their own performance and explain ways in which they can improve.	Cooperation Integrity Independence Communication
	To understand and appreciate the need to make decisions about skill choice.  To begin to refine ideas as a team when unsuccessful.	Progress to 4v2 attack end line of a channel. Change roles after 4 attempts. Encourage overload of attacks to encourage success.  Teaching points; Always at pace, with support, Use width, Move the ball quickly. 4 vs 4 conditioned game.  Shot must come from within a specific area.			
6	<b>Attack/outwitting an opponents</b> To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.  To be able to perform basic defensive skills to stop opponents from advancing.  To identify strengths and weaknesses when playing small sided games and adapt strategies where necessary.	Pulse raise and dynamic stretches. Set up 1 v 1 channel – pairs to beat opposition.  Move onto ‘dribbling QR Code’ outline above. Conditioned 5 vs 5 competitive game – Mark only 1 player (man to man) track ball and man is a multi-functional skill. Why is it important?  Teaching points – Scan and ‘read’ the flow of the game. Defending position sideways on, low, keep at arm’s length without committing until time is right.		Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.	Cooperation Integrity Independence Communication
7	<b>Formations + roles in a team</b> To develop their understanding and knowledge of how to stop attack effectively using different formations.  To develop basic strategic and tactical play	Groups of 9 – 3 Team Attack (See QR code) – first group attack one end and once goal is scored or defending team intercept they attack the other 3 at the other end. (see QR code)  Conditional games - discuss formations and the		Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.	Cooperation Integrity Independence Communication

Key Stage 3 History			Benefits	Why we teach it	Values
Lesson	Title			Home Learning	Learning Points
1	Movement with the ball		<p><b>Sense of fair play:</b> This applies specifically to values such as honesty, self-control, bravery, and persistence. It's also associated with how players should treat people equally, show self-control while communicating with others (e.g. staying calm under pressure) and display respect for both referees and opponents.</p> <p><b>Team work:</b> Invasion games are played as teams who all have a shared purpose or goal - to score the most points and win the game. This type of learning experience is fantastic for children. These team work skills can be applied in lots of other areas of their education, and into their adult life.</p> <p><b>Overall fitness:</b> Invasion games require players to play a game of a set amount of time and are usually fast-paced. This type of sport will be especially useful for children to get plenty of physical activity in their week, and improve their fitness.</p>	activities; and •lead healthy, active lives.	<b>Team work</b> - look at target weight and timing of pass. - look at target before making the pass (communication) - eyes on the ball at the moment of contact. good first touch to control and prepare ball. - keep your toes up and the ankle locked of your kicking foot.
2	Attack/outwitting an opponents		<a href="#">football task cards 1.docx (sharepoint.com)</a>		Teaching Points – balance, coordination, weight of pass dependant on distance. 4 v 4 Competitive Game - Condition - 4 Passes then can shoot on goal.
3	Passing Variations		<a href="#">football task cards 1.docx (sharepoint.com)</a>		Teaching points – Scan and ‘read’ the flow of the game. Defending position sideways on, low, keep at arm’s length without committing until time is right.
4	Shooting		<a href="#">football task cards 1.docx (sharepoint.com)</a>		Teaching Points - Strike through ball, lock ankle, balanced body, concentrate on accuracy not power. Low and into the corners = harder for opponents to stop. Progression – feeder becomes defender to create 1 vs 1.
5	Attack/outwitting an opponents		<a href="#">football task cards 1.docx (sharepoint.com)</a>		Teaching points; Always at pace, with support, Use width, Move the ball quickly. 4 vs 4 conditioned game.
6	Formations + roles in a team		<a href="#">football task cards 1.docx (sharepoint.com)</a>		Positional sense Team organisation and shape.
Assessment			Implement football skills into a match effectively.	Conceptual Focus	Key concepts Basic passing technique – instep and laces for longer ranges. Competency when in possession of the ball Defensive stance and tackling technique Tactical awareness