

NC Subject: PHYSICAL EDUCATION	Yrs: 5 and 6	General aims: to improve existing skills and develop ball familiarisation, dribbling, passing, turning, shooting and goalkeeping skills.
Topic: FOOTBALL	Weeks: 6	

Week	Learning Objectives	P.O.S.	Resources	Activity
1	<ul style="list-style-type: none"> <li>- to become familiar with using the ball with both feet.</li> <li>- to learn how to pass the ball correctly, with both feet.</li> <li>- to experience different ways of controlling and passing the ball.</li> </ul>	1a, b, c	footballs markers	<p><u>Ball Familiarisation and Passing</u></p> <p>1. Each child has a ball. Move around a marked area and on command stop the ball with a part of the body. 2. Each child has a ball. Move around a marked area and try to kick each other's ball out of the area, but keeping possession of own ball. 3. Children in 3's - one ball between three. Stand in triangle. 1 passes to two who controls ball and passes to 3 who controls ball and passes to 1, etc. 4. As 3 except control ball with one foot and pass with the same foot. 5. As 3 but control with one foot and pass with the other foot. 6. Control with outside of one foot, pass with the inside of the same foot. 7. Control with inside of one foot and pass with outside of same foot.</p> <p>Game: 3 v 3 - passing 10 x = 2pts.</p>
2	<ul style="list-style-type: none"> <li>- to reinforce control of the ball and passing.</li> <li>- to learn how to run with the ball correctly, using both feet.</li> <li>- to practise running with the ball and controlling it.</li> </ul>	1a, b, c	footballs markers	<p><u>Controlling and Running With The Ball</u></p> <p>1. Warm-up - kicking each other's ball out of the marked area. 2. Groups of 3 - one ball per group. x1 x2 x3 2 passes to 3, who controls it and passes to 1. Follow the ball after kicking it. Start again. 3. Same as 2. but further apart. 2 runs with ball to 3, 3 to 1, 1 to 2, etc. Use both feet. 4. Same as in 2. but 2 runs with ball to midway, stops ball and passes, etc. Use both feet. 5. Same as 2. but there is now a 'goal' behind player 3. Try to score a goal after dribbling ball to midway.</p> <p>Game: 3 v 3 with a small goal.</p>
3	<ul style="list-style-type: none"> <li>- to learn how to dribble with the ball, using both feet.</li> <li>- to learn and practise turning to create space using the technique of hooking back the ball.</li> </ul>	1a, b, c	footballs markers posts	<p><u>Dribbling and Turning</u></p> <p>1. Warm-up - passing in triangle formation. 2. In 3's - 2 dribbles with ball round three posts, passes to 3, dribbles round three posts and passes to 1, etc. Reduce distance between posts as improve. 3. As 2 but use more posts. 4. In pairs - hooking ball back using inside of foot. Reach and hook to turn ball. Practise in own space. 5. As above in 3's - dribble ball, hook ball back, dribble then pass to 2. Use both feet.</p> <p>Game: 4 v 4 - every player must touch ball and it must be controlled before a goal can be attempted. Score a goal by shooting ball between two small posts. No goalkeeper.</p>

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4	<ul style="list-style-type: none"> <li>- to reinforce/clarify the technique of hooking back.</li> <li>- to practise the inside hook.</li> <li>- to improve the technique of the outside hook.</li> <li>- to practise both hook backs.</li> <li>- to learn how to do the step over and to practise it.</li> <li>- to move onto the ball, control it and pass it.</li> </ul>	1a, b, c	footballs markers posts	<p><u>Turning</u></p> <p>1. Warm-up - tag game. 2. Children in own space practise hooking ball back using inside of foot. 3. Hooking ball back with outside of foot, dribble, then pass - in 3's. 4. Step-over ball and play ball back with inside of other foot. Children to practise in own space. 5. Place posts</p> <p style="text-align: center;">* * * * *</p> <p>children to make accurate passes to each other through the post whilst on the move.</p> <p>6. In 3's in square * 1 *2 3 passes ball to free corner and 1 runs to receive the ball. 1 controls and turns and kicks the ball to * *3 the open corner. " runs to receive the ball, etc.</p> <p>Game: 5 v 5 - each player must touch the ball. Additional points awarded for using any of the turns already practised.</p>
5	<ul style="list-style-type: none"> <li>- to practise and improve skills of heading the ball.</li> <li>- to be able to place the ball in a specific place using head.</li> <li>- to improve and develop goalkeeping skills.</li> </ul>	1a, b, c	footballs markers posts	<p><u>Heading and Goalkeeping</u></p> <p>1. Warm-up - tag game. 2. In pairs practise heading the ball using forehead. Use softer balls for those not used to it. 3. Practise trying to place the headed ball in a particular direction. 4. Placing ball in air and onto ground. Partner acts as goalkeeper. 5. In pairs one is goalkeeper trying to stop ball going into marked 'goal'. Use knees to stop ball. Stay on toes. 6. Catching ball from in the air. Keeping on toes and keeping hands out stretched as though about to clap. Partner tries to 'score' past you - gently at first and then harder as confidence increases.</p> <p>Game: 5 v 5 - with goalkeepers - encourage shots to be outside a specified area.</p>
6	<ul style="list-style-type: none"> <li>- to learn how to shoot with a stationary ball.</li> <li>- to practise shooting with a moving ball.</li> <li>- to run with the ball and shoot.</li> </ul>	1a, b, c	footballs markers posts bibs	<p><u>Shooting</u></p> <p>1. Warm-up - tag game. 2. 4's - set up goal posts, position balls and have goes at shooting the ball. 3. As above but dribble with ball a short way and attempt a shot using a moving ball. 4. In pairs, one attacker and one defender - attacker tries to take ball around defender and shoot. Defender tries to intercept ball and clear it. 5. 4's - one ball feeder - feeds ball to children, then have a shot. Ask for volunteers to go in goal.</p> <p>Game: 5 v 5 tournament - as close to full rules as possible.</p>