

Introduction	Main Activities	Plenary
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<p>LO: To familiarise myself with a football.</p>	<p><u>Skills development</u></p> <p>Does anybody know how we move around using a football? Can I pick the ball up? How do I kick the ball? Do I kick it as hard as I can and leave it?</p> <p>When you see people playing football what do they do with the ball?</p> <p>One ball each if possible. Dribbling around the marked area using close control. Gradually introducing the 6 parts of the foot (Inside, outside, toe, heel, sole &amp; laces). Encourage chn to keep their heads up from looking at the football constantly.</p> <p>Chn to explore techniques seeing how each different part of the foot changes the movement of the ball.</p> <p>Progress into game: traffic lights, to encourage the use of the six parts of the foot.</p> <p>Green cone = go Yellow cone = swap ball with a partner Red cone = stop</p>	<p><u>Cool down</u></p> <p>Green, yellow, red cones without ball!</p>
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<p>LO: To practise passing the ball.</p> <p><u>Warm up</u></p> <p>Messy Houses!</p> <p>split chn into 2 teams.</p> <p>One side starts with 10 balls each</p> <p>Whoever has the tidier room wins!</p> <p>No balls over waist height!</p> <p>X 3 rounds of 2 minutes!</p>	<p><u>Skills development</u></p> <p>Demonstrate to the children passing the ball. Which part of the foot am I using? What am I doing with my opposite leg?</p> <p>Demonstrate receiving a pass? How do I stop the ball? Demonstrate both placing the foot on the ball to secure it and stopping it with the side of the foot.</p> <p>4 steps apart from each other to pass the ball between two discs or "Gates".</p> <p>Encourage the players to use the Inside of both of their foot to pass &amp; control the ball. Advising the children to keep their none kicking foot beside the ball, not in front or behind to minimise scooping the ball up of kicking the ground, toes of the none kicking foot pointing the direction of which they want the pass to travel.</p> <p>Progress by taking further steps back.</p> <p>Chn to form a circle with myself in the middle. Pass to chn who control and pass back. Can somebody be the middle passer?</p>	<p><u>Cool down</u></p> <p>1 round of Messy Houses and then collect resources with a jog to starting positions.</p>
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<p>LO: To develop dribbling and passing skills</p> <p><u>Warm up</u></p> <p>Introduce giant TV remote! Ive brought my remote and when i press each button you are going to pretend it controls you!</p> <p>Chn stay within the marked area.</p> <p>Stop = Stop  Play = Go  Fast Forward = Double Speed  Rewind = Going Backwards  Slow Motion = Half Speed  Volume up - Arms up  Volume down - arms down  Change channel - change direction.</p>	<p><u>Skills development</u></p> <p>Chn to revisit work from first lesson. What are the types of foot we looked at? Chn to dribble in their marked area using different parts of their foot!</p> <p>Next, chn to dribble through Mr Chapman's tricky obstacle course! The trick is to imagine yourself walking a dog! Which part of your foot is going to work best here? Why?</p> <p>Do you think Mr Chapman would let you go through once? You have to get yourself and your precious ball back to the start!</p> <p>Gate game!</p> <p>Chn use new learnt skill and combine with previous learning, passing. Players behind cones.Dribble around cones and pass through gate. Pass to next player.</p>	<p><u>Cool Down</u></p> <p>Children find a space. Repeat TV activity used in warm up but gradually reduce the intensity of activities!</p> <p>Brand new button - Collect equipment button!</p>
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<p>L.O - To develop my shooting and goalkeeping skills</p>	<p><u>Skills Development</u></p> <p><u>Football Target!</u></p> <p>We are going to see if we can hit a target! chn to use their passing skills to try and hit a stack of cones. 3 differentiated targets by distance.</p> <p>In football we aim for a special target. Does anybody know which target? How do you think you should get the ball in the goal? How do you hit the ball?</p> <p>Split chn into two teams. One team will be the goalkeepers the other team being Strikers. One player goes in the goal the other puts the ball on the penalty/shooting spot!</p> <p>Where should you aim? What can the goalkeeper be doing?</p> <p>Chn swap from goalkeeper to striker after they have had 3 turns each.</p>	<p><u>Cool down</u></p> <p>Hit the target! Hoop placed in goal. Chn given 5 shots each! Collect ball and run back! Once done balls in bag.</p>
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<p>LO: To demonstrate learnt skills in the context of a game.</p> <p><u>Warm up</u></p> <p>My TV remote has been playing up again! I've had to put some brand new buttons in to help me!</p> <p>Chn stay within the marked area.</p> <p>Stop = Stop  Play = Go  Fast Forward = Double Speed  Rewind = Going Backwards  Slow Motion = Half Speed  Volume up - Arms up  Volume down - arms down  Change channel - change direction.  Mute = Lie on floor  Unmute = Up to your feet  Menu - Stretch body out wide  DVD - Spin!</p>	<p><u>Skills Development</u></p> <p>Chn to have one ball each. Using their dribbling skills, chn navigate around the marked area. Remind the chn of the previous skills learned &amp; encourage them to use those skills.</p> <p>Football bulldog! One player is the defender. Chn have to dribble and turn to evade them. Once your ball has gone you are out and become a bulldog.</p> <p>'Keep the ball' individual game. Chn to keep their ball in the marked area whilst guarding their own. When is the best time to go for another players ball? How can you defend your ball? How can you escape?</p>	<p><u>Cool down</u></p> <p>Chn stay within the marked area.</p> <p>Slow actions only! Collect equipment button included!</p> <p>Stop = Stop  Play = Go  Fast Forward = Double Speed  Rewind = Going Backwards  Slow Motion = Half Speed  Volume up - Arms up  Volume down - arms down  Change channel - change direction.  Mute = Lie on floor  Unmute = Up to your feet  Menu - Stretch body out wide  DVD - Spin!</p>
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