

Lesson	Objective	Suggested Learning Activities	Assessment
1.	<p>To demonstrate control when moving with the ball.</p> <p>To demonstrate dribbling, changing direction and speed.</p>	<p>Warm up Bop it: twist it; turn body half way and back with feet still, pull it; stretch up and pull down, spin it; turn around, bop it; jump upDynamic stretches</p> <p>Activity 1: Control In pairs - number 1: With a ball on your own can you dribble around an area - keep your head up and watch out for other people. Number 2: perform star jumps. Swap roles. Repeat with opposite foot.Discuss teaching points: keep ball close to your foot, head up. Use instep.Practice around set area. Can you stop and control the ball on command?Stop and turn: Inside turn using instep – 90° turn, Outside turn using outside of foot - 90° turn, 'Drag back' using sole of foot to turn 180°. 'Heel' the ball to turn 180° and go in opposite direction.</p> <p>Activity 2: Dribbling relay In teams dribble there and pass ball on, dribble there and back in straight line, dribble around the cones.</p> <p>Activity 3: 1v1 In set area, dribble from one side of the area to the other to score a point, trying to get past defender. Swap after point is scored.</p> <p>Cool Down Travel around the area at jog, then walk. Question students on T.P of dribbling.</p>	<p>Can students demonstrate ball control when travelling around a given area?</p> <p>Can students dribble a ball closely to their foot and with control?</p> <p>Can students keep their head up when controlling the ball?</p>

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2.	<p>To demonstrate passing the ball with control and accuracy.</p> <p>To demonstrate passing and receiving at speed</p>	<p>Warm up: Superheroes and Villains 2 villains that have to tag people, once tagged squat down. Only superheroes can free. Villains can tag superheroes, if both tagged everyone is doomed, continue to tag until game is over</p> <p>Dynamic Stretches</p> <p>Activity 1 In pairs pass the ball to partner - non-kicking foot next to ball, kick with instep of foot. Control the ball by stopping it dead with sole of foot or touch with instep. Perform 10 good passes and move 1 step back. Use both left and right feet. If passes become inaccurate move 1 step closer</p> <p>Activity 2: Passing Squares In 4's make a square, pass the ball around the square, and encourage 2 touches. Change the direction of ball going around grid. Add in diagonal passes across the grid. Within your area move around, when you don't have the ball find a space, when you have the ball you can dribble.</p> <p>Activity 3: 3 v 1 passing condition game 5 passes = 1 goal (sup=3 passes, ext=7 passes). Rotate defender.</p> <p>Cool Down Stretches- select 3 people from each group to lead a different stretch.</p>	<p>Can students demonstrate a good passing technique?</p> <p>Can students stop a ball with control when being passed to?</p> <p>Can students apply the correct power to the ball to travel different distances?</p>

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3.	To demonstrate using the space effectively to keep possession.	<p>Warm up Move around the area in different ways; jogging, sidestepping, jumping etc. Commands - 1 jump and land 2 feet, 2 jump and land left then right, 3 jump and land right then left.</p> <p>Activity 1: 1,2,3,4 with movement Pass in number order. Encourage students to be on balls of their feet and move when they don't have the ball. Encourage using all of the space within their area.</p> <p>Activity 2: Steal the ball Within an area, dribble around demonstrating control. Players have to protect their ball from being stolen by a defender. Encourage finding a space and turning out of trouble (where the defenders are). Change the defenders when everyone's ball is stolen or after set time</p> <p>Activity 3: Find that space Using a 10x30 grid divide into thirds (10x10) 3 attackers and 3 defenders, 1 defender in each third they can only move within their zone. Attackers have to try and move from one side of the grid to the other and get past each defender. To begin defenders are only allowed to intercept the ball, no tackling. 2 passes must be made in each third before progressing, encourage attackers to move into space and dribble before passing if their player is not in a space.</p> <p>Cool Down Select 3 different people in teams to lead stretches for their group.</p>	<p>Can students identify where the free space is to receive a ball?</p> <p>Can students send a successful pass into a space for a team mate to retrieve?</p> <p>Can students use passing successfully to get past a defender?</p>

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4.	<p>To demonstrate shooting a static ball towards a goal will accuracy.</p> <p>To demonstrate shooting towards a goal at varying angles.</p>	<p>Warm up: Traffic Lights Red - Stop, Amber - Walk, Green - Jog, Speed Bump - Jump, Roundabout - spin around.</p> <p>Activity 1: Shooting practice Set up small groups working towards a goal area. Students to work on both left and right sides, to begin a static shot encouraging accuracy. Shoot from one side and join the other queue.</p> <p>Activity 2: Moving towards the goal Still working on both sides, shooting from different angles. Encourage using both left and right foot. 3 points for a goal, 2 for far side miss and 1 for near side miss.</p> <p>Activity 3: Shooting against a defender Add a defender for the attacker to dribble towards and around. Activity 4- 3v2 games with cones as goals. Between small target 2 points, between large targets 1 point.</p> <p>Cool Down Select children to lead stretches for their group.</p>	<p>Can students strike a ball and successfully score into a goal?</p> <p>Can students identify the best technique for scoring a goal?</p> <p>Can student's use accuracy in a pressured situation to accurately shoot on target?</p>

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5.	<p>To demonstrate skills within a competitive situation.</p> <p>To demonstrate skills with control and accuracy when under pressure.</p> <p>To apply tactics to a game situation.</p>	<p>Warm up – Stuck in the mud Taggers have to try and tag others, when tagged you are stuck and stand with arms out and legs apart. To be free someone has to go under both arms Dynamic Stretches</p> <p>Activity 1: Game Play Split students into ability teams. Condition games for number of passes (5 passes before shooting) , dribbling (people have channel area to dribble in without being tackled), different person shooting each time to ensure everyone is involved in the game and not dominated by one individual. Mix teams to ensure fair competition.</p> <p>Activity 2 Mix up teams to have a mini tournament. Students can nominate 2 people in each game to be the referee.</p> <p>Cool Down Whole class cool down and review of topic.</p>	<p>Can students effectively combine skills to play a game of football?</p> <p>Can students keep score in and referee their games?</p> <p>Can students start to think about positioning when playing a game?</p>