

Football UNIT OVERVIEW (Year 3)

<p>PRIOR LEARNING KS1 PE Lessons focussing on fundamentals of movement (agility, balance, coordination).</p> <p>KS1 PE lessons focussing on football.</p> <p>Pupils may currently or previously have taken part in football lessons outside of a curriculum setting.</p> <p>Pupils taking part in football games or activities at home, in the park or with friends.</p>	<p>UNIT FOCUS</p> <ul style="list-style-type: none"> • Explore techniques for passing in football • Explore techniques for dribbling in football • Explore techniques for turning in football • Explore techniques for shooting/striking a ball in football • Learn to apply rules and follow fairly • Opportunities to compete against self and others
<p>VOCABULARY</p> <p>Football, pass, passing, dribbling, turning, shooting, tactics, attacking, defending, match, goal, referee, pitch, goalkeeper, defender, midfielder, striker, score, team, teammate, receive, drag back, space, transition</p>	<p>EQUIPMENT Footballs (one per pupil size 3), cones, hula-hoops, goals (if available), bibs</p>
<p>NATIONAL CURRICULUM FOCUS play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>CROSS CURRICULAR LINKS Literacy: Answer questions, help partner or group, peer review and identify rules and describe how to implement them into an activity or game.</p> <p>Numeracy: Keep score in matches and activities, explore distance and time.</p>
<p>Health & Safety Check the playing area for any hazards before beginning the lesson. Ensure all equipment used is child safe and age appropriate. Make sure that all children are appropriately dressed and have the correct footwear. Follow your school's risk assessment at all times when teaching PE.</p>	<p>Wider Learning If pupils would like to explore football further, join lunch time or after-school clubs if available. In addition they could take part in local lessons not attached to a club or join a local football club where they could train and potentially play matches. Lastly school fixtures and competitions provide additional opportunities</p>

LESSON 1/PASSING

1. Learn to send and receive a football with a partner under control
2. Demonstrate a push pass in football
3. Learn to use the inside of your foot to control (receive) a pass

Skill Development: Passing

Activities: Master the Ball, Gates, Passing Three's

**LESSON 2/DRIBBLING/TURNING**

1. Learn to move with the ball in a variety of ways with some control
2. Demonstrate use of both left and right feet in isolation when dribbling a football
3. Learn a drag back turn to change direction

Skill Development: Dribbling, Turning

Activities: Shadow, Bases, Dribbling/Turning

**LESSON 3/SHOOTING/STRIKING A BALL**

1. Demonstrate successful striking skills
2. Develop a range of skills in striking
3. Learn to strike the ball for distance

Skill Development: Shooting/Striking a Ball

Activities: Strike, One and In, Matches

**LESSON 4/TACTICS**

1. Learn to apply and follow rules fairly
2. Understand and begin to apply the basic principles of invasion games
3. Start to explore attacking and defending principles in football

Skill Development: Tactics

Activities: Keep Away, Attack v Defence, Matches

**LESSON 5/ASSESSMENT**

1. Assess the ability to pass in football
2. Assess the ability to travel with the ball in football
3. Assess the ability to strike a football
4. Assess understanding of tactics and rules

Skill Development: Assessment

Activities: Passing and Dribbling, Shooting, Matches

**LESSON 6/GAME UNDERSTANDING**

1. Effectively describe how their performance has improved over time
2. Perform learnt skills and techniques with control and confidence
3. Compete against self and others in a controlled manner

Skill Development: Game Understanding

Activities: Tournament

