

	Subject: Football Introduction to balls, objects and activities to develop core skills Lesson: Intro. to Football Core Skills	Year:	Group:	Total No.:	M:	F:
	NCPE Location: 1.1a; 1.1b; 1.1c; 1.2e; 1.2d; 1.3a; 1.3b; 2.1a; 2.1b; 2.2e; 2.2a; 2.2b; 2.2c; 2.2d; 2.3a; 2.3b; 2.4a; 2.4b; 2.4c; 2.4d; 3.b; 3.c; 3.d; 4a; 4b; 4c; 4d; 4e; 4f; 4g	Ability:	Period:	SEN:		
		Duration:	w/c			

Objectives:
To be able to perform the basic Football skills of passing, receiving, and dribbling. To be able to perform these in a small sided games, and to understand and know the basic laws of the game *i.e. Centres, Free kicks, Throws-ins (roll ins)*. To understand and know where passing is used in football.

Key Aspect of Transfers of Skills and Analysis	Throughout every aspect of this sessions: <ul style="list-style-type: none"> - Discuss and analyse the different types of skills, shots and techniques found in Athletic, Invasion, Innings, Net and Wall Games/ Events - Identify the similarities and the teaching points found in each of these skills, and shots to gain ascendancy and outwit opponents. - Get the students to transfer the techniques, skills, tactics and approaches to gain ascendancy when performing in activities and within the games
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Activity	Description	Objectives	Teaching Points	Evaluation / Performance	Differentiation and Creativity
Warm Up	The pupils perform shuttles to 6 – yard box, 18 yard box, and half way	To know the benefits of a warm up To perform the actions in the warm up	✓ Increase tempo as time increases Run hard and efficient	Observe pupils performances Q & A on benefits of warming up	⬆️ Dribble with ball
Pair Stretching	Students arranged in a circle. Teacher leads through series of stretches and questions students as to what muscles we were stretching.	To understand the importance of stretching at the start of the session. To know the names of major muscles. To carry out in pairs correct stretching routines safely.	Hold stretches for 7 seconds. No bouncing.	Observe students	⬆️ Pupils perform stretches <i>Nominate two pupils to plan and perform warm up next lesson</i>
Intro. to Football - Inside of the foot pass - Dribbling	Dribble control game -In 3's - Dribbling relays (and then use passing to partners)	To be able to perform the basic Football skills of passing, receiving, and dribbling To be able to perform these in a small sided games, and to understand and know the basic laws of the game <i>i.e. Centres, Free kicks, Throws-ins (roll ins)</i> To understand and know where passing is used in football. To be able to critically evaluating how well the dribbling has been achieved and finding ways to improve this skill. To develop the range of skills they use for moving with the ball	- Use soft touches and keep the ball close at all times. - Keep lifting the head to look for space and other players.	Peer evaluation sessions – Pupils state strength and weaknesses of passing and performances. Use sheets to highlight these	⬆️ Increase pace M/C -Evaluate pupils knowledge and understanding from answers
	- Dribbling in and out of cones using trap control to control the ball		- Circle as tight to the cones - When you have circled one cone, lift your head to look for another free cone.		⬆️ Decrease space between cones ⬆️ Increase space between cones
	- In 3's pass the ball to partner over 5m		- Use any part of foot to pass the ball		⬆️ Increase distance of pass ⬆️ Pass through targets / gates ⬆️ Two touches only ⬆️ Three touches only
	- In groups – pass and follow				
Games	- 3 v 3 GAME - No tackling - Talk about the - kick off - throws ins - scoring	To incorporate these skills into small sided games of football To be able to perform these skills in a competitive situation To know and understand the simple rules of football such as starting, throws ins and scoring To be able to outwit opponents with passing and dribbling skills.	- Pass the ball when there is somebody available to receive. - Dribble in and around opponent's area.	Observe Games M/C - Analyse strength and weaknesses	⬆️ Limit number of touches ⬆️ Everyone must touch ball before they can score ⚡ - Students create new strategies to beat and outwit and outwit opponents
Cool Down	Walk around lines of the pitch	To understand why you Cool Down and do rhythmical movement after exercise	- Gentle walking speed. - Take in deep breaths - Keep upright	Observe cool down	⬆️ Ask pupils questions why a Cool down is essential after exercise

Informed Choices and Lifestyle	Discuss the benefits of taking part in Football to your health and lifestyle. Highlight any Football clubs within school and any upcoming fixtures Discuss the benefits of being healthy																							
Equipment	Balls, Cones, Bibs, Stopwatch, Whistle, Peer evaluation sheets																							
ICT	Assessment			Citizenship			Peer Evaluation			Literacy			Numeracy			Pupil planning								
Analysis of perf.	Evaluation			Feedback			Q & A			Mathematics			Art			English			Science			Technology		

Comments / Notes:

HEALTH AND SAFETY THROUGHOUT THIS LESSON

- Tell the students that they must remove all jewellery
- Tell pupils to keep head up when performing every skill
- Students must always remain in their grids at all times when performing drills
- Must stretch thoroughly - All students must shoot the same way
- Always - check the working areas for glass, objects, at the beginning of every lesson.
- NO CONTACT - Tell students never to leave anything lying around grids
- Equal distances between groups
- Tell them to tackle safely and not be silly / stupid

ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

Competence	Performance	Creativity	Health and Active Lifestyle
Developing Skills	Making and Applying	Physical and Mental Capacity	Evaluating and Improving