

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

### **Subject:** LKS2 Year A– Football

**Key Concept- Concepts:** Joy of movement, personal challenge, building resilience, Critical thinking, and action.

#### **POS aims from NC:**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing, and catching in isolation and in combination.
- 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.
- Develop flexibility, strength, technique, control, and balance (for example, through athletics and gymnastics)
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal be.

#### **Prior Learning (what pupils already know and can do)**

- Pupils should know how to kick the ball with the inside and outside of the foot.
- How to pass a ball to someone else.
- How to direct a ball and judge the weight of the kick.
- How to pass and stop the ball and then a ball being passed to them.
- To pass and stop the ball with the left and the right foot.
- Pupils should know how to attack and defend.

#### **Long-term Learning (what pupils MUST know and remember) End Goals**

##### **Football – Passing, dribbling, attack and defending, Zones, kicks, and penalties, stopping the ball.**

- To know how to pass the ball to each other when stationary, one player is moving and when players are moving.
- To know how to demonstrate basic movement techniques (dribbling) applied with some coordination and control to gain an advance over an opponent.
- To know how to use basic techniques in a small, sided game and pass and shoot with reasonable accuracy.
- To discuss tactics as a team and understand the idea of attacking and defending; knowing how to attack safely
- To learn how to complete a corner kick, goal kick and the rules for a corner kick.
- To learn what you can and cannot do as a goalkeeper.

#### **Key Vocabulary**

Agility, balance, control, coordination, passing, running, accuracy, speed, teamwork, inclusion.

#### **Session 1 – To be able to stop the ball with control using your feet. To be able to pass a ball using the inside of the foot, dribble and move in a space.**

- To know how to kick a ball using different parts of the foot.
- To know how to pass the ball to each other when stationary, one player is moving and when players are moving.
- To know how to pass using different variations covering longer and shorter distances.

Healthy Participation – To discuss the benefits of completing a thorough warm up. It helps to loosen the joints, increases blood supply to the muscles and engages the brain with the body.

Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, attacking, defending, stationary, goal kicks, dribbling, shooting, coordination, opponent, advancing player, goal line, corner kicks, tactics.

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**Session 2 – To be able to perform the basic dribbling movements with control. To be able to outwit opponents with the use of these techniques.**

- To know how to demonstrate basic movement techniques (dribbling) applied with some coordination and control to gain an advance over an opponent.
- To know how to use basic techniques in a small, sided game and pass and shoot with reasonable accuracy.
- To know how to identify the differences between their performances and others.
- To know why checking your shoulder is important.

Healthy Participation- To discuss the benefits of having regular drink breaks during PE can help to replace the fluids you lose when you sweat and can help to maintain normal body functions and performance levels.

Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, attacking, defending, stationary, goal kicks, dribbling, shooting, coordination, opponent, advancing player, goal line, corner kicks, tactics.

**Session 3 – To be able to perform basic defensive skills to stop opponents from advancing. To develop a knowledge of how to outwit an opponent using the core football skills. To understand and appreciate the need to make decisions about skill choice.**

- To know how to tackle an attacker with the ball safely.
- To know how to tackle and advancing player.
- To know how to understand the idea of attacking and defending as a team.
- To learn how to pass the ball to another player before the defender gets the ball.

Healthy Participation – To understand that exercise can help your body stay at, or reach, a healthy weight. To stay at a healthy weight, you must use up the energy you eat. Exercise helps you do that.

Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, attacking, defending, stationary, goal kicks, dribbling, shooting, coordination, opponent, advancing player, goal line, corner kicks, tactics.

**Session 4 – To be able to know what to do when taking throw ins, slide line passes and receiving the ball from a throw in. To identify the type of information you might provide teammates when off the ball.**

- To know what happens when the ball goes out over the side line.
- To learn how to compete a throw in correctly and learn the rules for throwing in the ball.
- To know how to discuss tactics as a team that they might use for where to place the ball.
- To know how to defend to try and make sure that the player does not receive the ball from a throw in.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, attacking, defending, stationary, goal kicks, dribbling, shooting, coordination, opponent, advancing player, goal line, corner kicks, tactics.

**Session 5 – To be able to discuss team tactics with teammates. To understand some basic rules of football corner kicks and goal lines.**

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- To know what happens when the ball goes out over the goal line.
- To learn the difference between a corner kick and a goal kick.
- To learn how to complete a corner kick, goal kick and the rules for a corner kick.
- To know how to discuss tactics that they might use for where to place the ball.
- To know how to defend so that they player does not receive the ball from the corner.

Healthy Participation – Highlight the benefits of taking part in football on your long-term health. Discuss the benefits of being healthy and active. Discuss options for local football teams in the area.

Warrington Town FC and Crossfield's.

Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, attacking, defending, stationery, goal kicks, dribbling, shooting, coordination, opponent, advancing player, goal line, corner kicks, tactics.

**Session 6 – To be able to stop and intercept the ball before it crosses the final line. To be able to prevent the opponent from scoring a goal. To be able to use different body parts to control the ball.**

- To know how to stop the ball when its rolling on the ground and to stop the ball if you are a goalkeeper.
- To learn what you can and cannot do as a goalkeeper.
- To know how to stop the ball using other parts of the body such as chest and then control it.
- To know how to identify strengths and weaknesses when playing small, sided games.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

Vocabulary – Sole, plant, pass, point, touches, dribble, outside, score, space, invasion, aware, inside, tackle, attacking, defending, stationery, goal kicks, dribbling, shooting, coordination, opponent, advancing player, goal line, corner kicks, tactics.

Future learning this content supports:

This unit will support future subjects in Spring 1. Pupils will know how to work together in teams and come up with tactics to help them win. Pupils will be used to working in different groups which will support there learning in next terms topic of dance and gymnastics. Pupils will have built up strength, stamina and speed and they will have trained their brain to improve their concentration and coordination.

**Cross Curricular Links:** Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).