

SCHEME OF WORK: **FOOTBALL:** YEAR 1

LESSON	OUTLINE OF LESSON
1	Familiarisation of the Ball: Pupils begin to use their feet to move around an area and learn the basic rules of football.
2	Dribbling: Pupils learn the correct technique of how to dribble a ball.
3	Short Passing: Pupils learn how to pass a ball over a short distance using the inside of their foot.
4	Long Passing: Pupils learn how much power is needed to pass a ball over a long distance and why a long pass is used.
5	Shooting: Pupils will learn how to strike a ball and also the difference between passing and shooting.
6	Game Situations: Pupils link all of the skills learnt over the past 5 weeks and put them into a game situation.