

LESSON PLAN: **FOOTBALL:** YEAR 1: WEEK 1

LESSON OBJECTIVE: To understand basic rules of football and explore ways of using the feet to move the ball.

WARM UP (10 MINS)

Familiarisation with the pitch :

Discuss with pupils the layout of a football pitch.

Pupils have to run to different parts of the pitch when called out E.G. Penalty Spot, Centre Circle, Goals, Corner Flags, Half Way Line.

MAIN LESSON (20 MINS)

Create an area, approx. 20m x 20m, big enough for the class to move around the inside.

Each pupil moves around inside the grid trying to keep the ball as close to them as possible.

Encourage pupils to keep their head up instead of looking at the ground. Every minute hold your hand into the air and ask the pupils to shout out the number on your fingers.

Allow pupils to use both feet and encourage gentle touches so the ball sticks to their feet.

See if pupils can turn in any direction using different parts of their feet. Then shout out different parts of the body EG Knee and the pupils need to stop the ball with that body part.

GAME/COMPETITION (15 MINS)

Treasure chest: Split the class into 4 even teams at each corner of the grid. Put all the balls in the centre of the grid. Pupils have to run to the hoop and use their feet to get the ball back to their corner. Only 1 person can go at a time and also can only take 1 ball at time.

EQUIPMENT

- Cones
- Footballs
- Hoop

KEYWORDS

- Touch
- Movement
- Direction
- Control

DIFFERENTIATION

LESS ABLE

Try and move in a straight line.

Allow pupils to use hands to stop the ball when they lose control.

GIFTED & TALENTED

Try and keep the ball under control when running at a fast pace.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they move around an area with the ball to a high ability?
	2	Can they move with a ball with a certain degree of control?
	1	Can they move with a ball, but to a low ability?
Tactics, Rules & Teamwork	3	Works in a team & demonstrates the use of both feet when moving & also shows understanding of different areas of the pitch.
	2	Can work in a team & understands where different areas of a football pitch are.
	1	Starts communicating within a team.
Show & Link	3	Can they link the skills : use both feet, run and change direction to a high ability?
	2	Can they show and link : running and moving with the ball?
	1	Show how to dribble with one foot.
Describe Ways to Improve	3	Are able to describe and improve performance.
	2	Are able to describe performance.
	1	Are able to see differences in performance against a simple model.
Fitness & Health	3	Shows a solid understanding of why physical activity has health benefits.
	2	Has some knowledge of why physical activity has health benefits.
	1	Has little knowledge of why physical activity has health benefits.