

LESSON PLAN: **FOOTBALL:** YEAR 1: WEEK 3

LESSON OBJECTIVE: Understand different techniques of passing and be able to perform a pass over a short distance.

WARM UP (10 MINS)

Recap of last week: Allow pupils to move around a grid, trying to keep the ball under close control, using both feet.

MAIN LESSON (20 MINS)

Split group into pairs and have them facing each other with a small distance between them.

Pupils now need to pass the ball with the inside of their foot. They need to place their non-kicking foot close to the side of the ball, use their arms for balance and keep their eyes on the ball. They then bring their kicking foot through, striking the centre of the ball with the side of the foot.

Pupils need to continuously pass to each other. Pupils need to stop the ball with the inside of their foot.

Question: How many passes can you complete in your pairs?

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 a ball and pass the ball back to their corner, using the technique learnt from the main lesson. Only 1 person can go at a time and also can only pass 1 ball at time.

EQUIPMENT

- Cones
- Footballs

KEYWORDS

- Control
- Side-foot
- Pass

DIFFERENTIATION

LESS ABLE

Shorter distance between partners.

Any contact with the inside of the foot is a success.

GIFTED & TALENTED

Only allowed the ball at their feet for 3 seconds.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	Can they perform a side foot pass to a high ability?
	2	Can they perform a side foot pass with a certain degree of control?
	1	Can they perform a side foot pass, but to a low ability?
Tactics, Rules & Teamwork	3	Works in a team & demonstrates how to pass a ball with control and accuracy
	2	Can work in a team & pass the ball with some control and some accuracy.
	1	Starts communicating within a team and can perform a side foot pass with control.
Show & Link	3	Can they link the skills : dribbling and passing?
	2	Can they show and link : passing whilst the ball is moving?
	1	Show passing a ball whilst the ball is slightly moving.
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.