

LESSON PLAN: **FOOTBALL**: YEAR 1: WEEK 4

LESSON OBJECTIVE: Understand what type of pass to use in different situations and be able to make a long pass.

WARM UP (10 MINS)

Split the class: half around the edge of a grid and half in the middle of the grid.

The pupils in the middle of the grid are to have a ball each. The pupils outside the grid need to be moving in different ways with no ball.

Allow the pupils in the middle of the grid to move around keeping the ball under control. When you shout pass, the pupils with the ball have to pass to someone on the outside, who receive the ball, pass it back and carry on moving.

After 2 minutes swap people on the outside.

MAIN LESSON (20 MINS)

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

Pupils start close together and make passes using the inside of the foot just like last week.

After completing 5 successful passes 1 pupil from the pair takes 1 step back. This will make the passes longer meaning the pupils have to judge how hard they strike the ball.

GAME/COMPETITION (15 MINS)

Relay Race between each groups. Each group must get every member to dribble in and out of the cones, one at a time. However this time when they get to the last cone they need to turn and pass the ball back to partner. First team back wins.

EQUIPMENT

- Footballs
- Cones

KEYWORDS

- Short
- Long
- Power
- Control
- Accuracy

DIFFERENTIATION

LESS ABLE

Can have more than one attempt to get the ball to a partner.

GIFTED & TALENTED

Get pupils to come and meet the ball as its coming towards them.



ASSESSMENT FOR LEARNING

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