

LESSON PLAN: **FOOTBALL:** YEAR 1: WEEK 5

LESSON OBJECTIVE: To understand the difference between passing and shooting and to be able to strike a ball.

WARM UP (10 MINS)

Mark out a large area and get pupils to stand in their own space. Pupils move in any direction. Change the way they move eg. Jogging, Side Steps, Big/Small Steps, Sprint. When ready shout out freeze, pupils who move after that command need to do star jumps.

MAIN LESSON (20 MINS)

Split class into 4 groups. Two groups each end of the area.

A goal is created in the middle of each of the two groups and then pupils line up either side of the goal.

Explain the difference between shooting and passing. Shooting you use your laces. Place non striking foot beside the ball and the striking leg comes through with the laces hitting the ball.

After having a shot at the goal they join the back of their line and the ball goes to the other group to also have a shot at goal.

After a while move the lines back so the pupils have to dribble then shoot.

GAME/COMPETITION (15 MINS)

Add a goalkeeper, when the keeper saves a shot they get a point. Swap goalkeepers every minute.

Each group have one minute to try and score as many goals as they can past the goalkeeper.

EQUIPMENT

- Footballs
- Cones

KEYWORDS

- Striking
- Laces
- Power

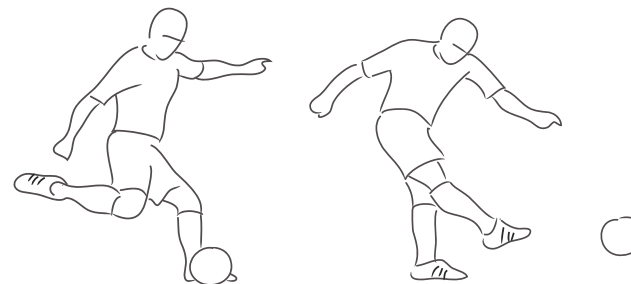
DIFFERENTIATION

LESS ABLE

Can have more than 1 attempt to shoot the ball through the goal.

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 strike to a high ability?
	2	Can they perform a strike with a certain degree of control?
	1	Can they strike the ball, but to a low ability?
Tactics, Rules & Teamwork	3	Works in a team & demonstrates a good technique when striking a ball & the understanding of the difference between a pass and a strike.
	2	Can work in a team & understands how to strike a ball.
	1	Starts communicating within a team.
Show & Link	3	Can they link the skills : shooting and passing to a high ability?
	2	Can they show and link : shooting the ball into the goal?
	1	Show how to shoot.
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.