

LESSON PLAN: **FOOTBALL:** YEAR 2: 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)

Create an area of 10m by 10m. You could use the goal area. Make sure pupils do not take over for this warm up & also spread out around the square. Students to jog, change direction, side step and jump around the square when the teacher states to do so. When teacher shouts out an area on the pitch the pupils must sprint to that area and stand still. Last one has to do star jumps.

MAIN LESSON (20 MINS)

Create an area (around 20m/20m)

Each pupil is given a ball. They can go anywhere in the grid and have to think of a way to keep the ball under control. The ball has to stay within arm's length and also they can't bump into anyone else otherwise they have to stop for 5 seconds.

Ask pupils which part of the foot they used to move with the ball, how hard they kicked it and also which part to stop it.

This time turn it in to a competition. All pupils line up on 1 side of the grid and have to get to the other side as quickly as possible. Remembering the ball must stay within an arm's length.

GAME/COMPETITION (15 MINS)

Treasure chest: Split class into even teams, all the balls in the centre. Pupils have to run out and use their feet to get the ball back to their line. Only 1 person can go at a time and also can only take 1 ball at time.

EQUIPMENT

- Cones
- Footballs

KEYWORDS

- Touch
- Movement
- Direction
- Control

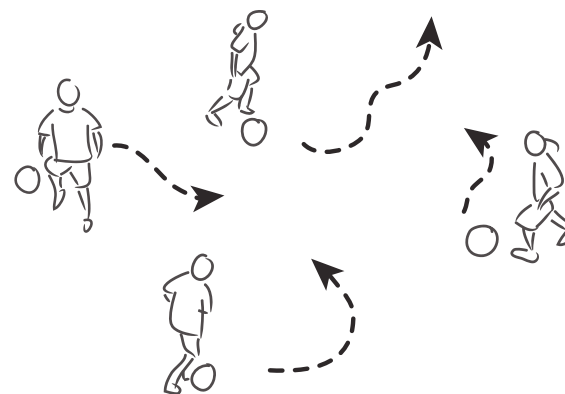
DIFFERENTIATION

LESS ABLE

- Try and move in straight line, allow them 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.
- Can they change direction quickly keeping the ball under control?



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	Can they move around an area with the ball keeping it under control at all times?
	3	Can they move with a ball with a certain degree of control?
	2	Can they move with a ball, but to a low ability?
Tactics, Rules & Teamwork	4	Works in a small group & demonstrates the use of both feet when moving & also shows understanding of different areas of the pitch.
	3	Can work in a team & understands where different areas of a football pitch are.
	2	Starts communicating within a team.
Show & Link	4	Can they link the skills : with a ball, use both feet, run and change direction to a high ability?
	3	Can they show and link : running and moving with the ball?
	2	Show how to dribble the ball with both feet.
Describe Ways to Improve	4	Are able to describe and improve performance.
	3	Are able to describe performance.
	2	Are able to see differences in performance against a simple model.
Fitness & Health	4	Shows a solid understanding of why physical activity has health benefits.
	3	Has some knowledge of why physical activity has health benefits.
	2	Has little knowledge of why physical activity has health benefits.