

LESSON PLAN: **FOOTBALL:** YEAR 2: WEEK 2

LESSON OBJECTIVE: To understand basic rules of football and be able to dribble with control.

WARM UP (10 MINS)

Create a large grid and give every pupil a ball. Each pupil has to move around the grid and keep the ball as close to them as possible. Look to see who remembers which part of the foot to use from last week. As they move around the grid, teacher shouts out a part of the body and pupils must stop the ball with that part, EG Knee, Foot, Elbow etc.

MAIN LESSON (20 MINS)

Players make a circle and one player starts with a ball. The player with the ball starts by dribbling to the centre box, changes direction then dribbles towards another player, stops the ball and takes that persons place and the drill continues.

To progress add 2 or 3 balls to make pupils be on their toes and also have to call for the ball.

GAME/COMPETITION (15 MINS)

Relay Race between each group's. Lay out a straight line of cones with the furthest cone 10m away. Each group must get every member to dribble in and out of the cones.

Then move the cones so there zig zag and do the drill again. First team to finish each drill and is sat down in a straight line wins.

EQUIPMENT

- Cones
- Footballs

KEYWORDS

- Dribble
- Head up
- Laces
- Direction

DIFFERENTIATION

LESS ABLE

- Allow them to continue using hands when the ball doesn't stay under control.

GIFTED & TALENTED

- Pupils must use both feet to move in and out of the cones.
- Look for pupils to use outside of foot to change direction.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	Can they dribble a ball at pace keeping it under control?
	3	Can they dribble a ball at a slow pace with a certain degree of control?
	2	Can they dribble a ball, but to a low ability?
Tactics, Rules & Teamwork	4	Works in a small group & demonstrates which part of the foot to use to change direction & the understanding of how to run at pace keeping the ball under control.
	3	Can work in a small group & understands which part of the foot to use to change direction.
	2	Starts communicating within a small team.
Show & Link	4	Can they combine and link dribbling at speed, changing direction and keeping the ball under control?
	3	Can they combine and link dribbling and with running at speed??
	2	They can link dribbling and changing direction together.
Describe Ways to Improve	4	Are able to compare, evaluate and improve performance.
	3	Are able to compare and evaluate performance.
	2	Are able compare performance to others.
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.