

# LESSON PLAN: **FOOTBALL:** YEAR 2: 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 circle with cones and get pupils stood on a cone. Shout out either left or right and pupils have to move in that direction, Change the way they move EG Jogging, Side Steps, Big/Small Steps, Sprint. When ready teacher shouts out an area of the pitch and every pupil must get their as quickly as possible. Last person does 5 star jumps.

## **MAIN LESSON (20 MINS)**

Split class into 4-5 groups. A goal is created with 2 cones and then pupils line up around 10m away.

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. Pupils shoot, go and collect ball and join back of the line.

Once every pupil has had 2 goes, move line back and add 3 cones, pupils dribble around cones and then have a shot.

## **GAME/COMPETITION (15 MINS)**

Add a goalkeeper. Each group have a time limit to try and score as many goals as they can. Goals are added up at the end and the team with the most win. Swap goalkeepers and try again.

## **EQUIPMENT**

- Cones
- Footballs

## **KEYWORDS**

- Striking
- Laces
- Power

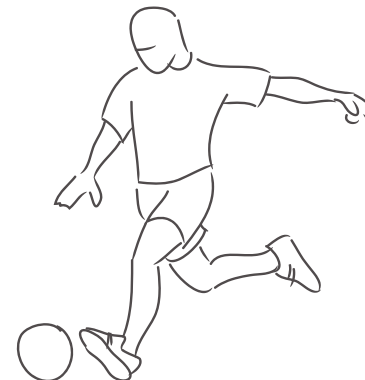
## **DIFFERENTIATION**

### **LESS ABLE**

- Can have more than 1 attempt to get the ball through the goal.
- Don't add a goalkeeper.

### **GIFTED & TALENTED**

- Change the angle of the shot, roll the ball out and get them to strike the ball first time.
- Receive a pass, control and then strike as quickly as possible.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	Can they strike a ball to a high ability using correct technique?
	3	Can they perform a strike with a certain degree of control and using laces?
	2	Can they perform strike using laces??
Tactics, Rules & Teamwork	4	Works in a small group & demonstrates a good technique when striking a ball & the understanding of the difference between a pass and a strike and what they are used for?
	3	Can work in a small group & understands how to strike a ball correctly?
	2	Starts communicating within a small group.
Show & Link	4	Can they combine and link Dribbling, Passing and Striking to score a goal?
	3	Can they combine and link dribbling and shooting with accuracy?
	2	They can link two taught skills together EG Dribbling and Shooting.
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.