

LESSON PLAN: **FOOTBALL**: YEAR 3: WEEK 1

LESSON OBJECTIVE: To understand the basic rules of football and explore ways of using the feet to move the ball.

WARM UP (10 MINS)

Ball familiarisation. Students dribble around the inside of a large marked out square. Students need to be stroking the ball gently with the inside and outside of the foot.

Play traffic lights:

- Green light is go
- Red light is stop
- Amber the students stop and tap the top of the ball, with alternate feet, with the soles of their feet
- Zebra crossing is when you tap the ball side to side from left foot to right foot

MAIN LESSON (20 MINS)

In pairs the students will dribble around the square taking it in turns with their partner to be the coach or player. The coach holds up their hand, the player while dribbling needs to call out how many fingers they are holding up. The teacher will need to re-enforce small touches, keeping the ball close and occasionally looking up from the ball.

GAME/COMPETITION (15 MINS)

In lines of 3 facing a hoop students are to dribble the ball up to the hoop and stop the ball in the hoop with the sole of their foot and then run back to their team. The next person collects the ball and dribbles it back to the next person in the line.

Develop: Students can do the same race but collecting the ball. **Add in to the race some cones for the students to race around/through. This can vary depending on their ability.**

EQUIPMENT

- Cones
- Footballs

KEYWORDS

- Touch
- Movement
- Direction
- Control

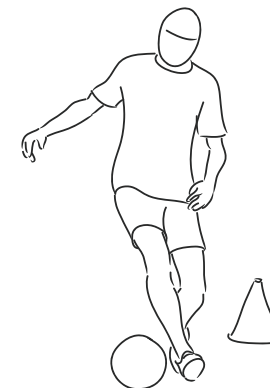
DIFFERENTIATION

LESS ABLE

- Try and move in a straight line.
- Allow them to use their hands to stop the ball when they lose control.

MORE ABLE

- Try and keep the ball under control when running at a fast pace.
- Add cones, pupils have to move in and out of the cones, using both feet to change direction.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they move around an area with the ball keeping it under control at all times?
	4	Can they move with a ball with a certain degree of control?
	3	Can they move with a ball, but to a low ability?
Tactics, Rules & Teamwork	5	Works in a small group & demonstrates the use of both feet when moving & also shows understanding of different areas of the pitch.
	4	Can work in a team & understands where different areas of a football pitch are.
	3	Starts communicating within a team.
Show & Link	5	Can they link the skills : with a ball, use both feet, run and change direction to a high ability?
	4	Can they show and link : running and moving with the ball?
	3	Show how to dribble the ball with both feet.
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.