

LESSON PLAN: **FOOTBALL:** YEAR 3: WEEK 2

LESSON OBJECTIVE: To learn the correct technique to dribble a ball and change direction.

WARM UP (10 MINS)

Using cones, create a large area. Make sure pupils travel in the same direction for this warm up & also spread out around the square. Students to jog, change direction, side step, freeze and jump around the square when the teacher states to do so. This can be done with or without a ball.

MAIN LESSON (20 MINS)

Split pupils into small groups. Begin by 1 person from each group dribbling up to a cone and back using any foot, perform this a couple of times to allow pupils to get used to the ball at their feet.

Encourage pupils to keep their head up, the ball out of the inside and outside of their foot.

Now encourage the students to dribble out to the cone and turn in different ways.

- Put their foot on the ball and roll it back
- Use the inside of their foot to hook around the ball and run back

GAME/COMPETITION (15 MINS)

Treasure chest: Split the 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 from each group and also can only take 1 ball at a time. When they get the ball they must put their foot on the ball and roll it back or hook the ball with the inside of their foot.

EQUIPMENT

- Cones
- Footballs

KEYWORDS

- Touch
- Movement
- Turn
- Control

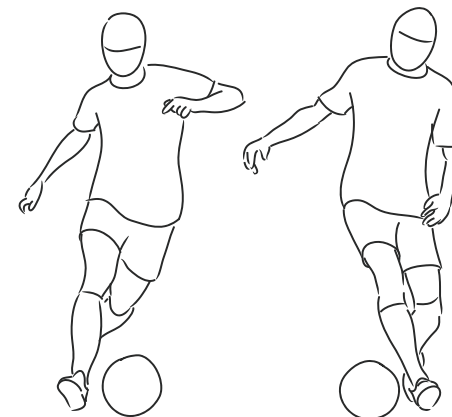
DIFFERENTIATION

LESS ABLE

- Focus on performing a turn when the ball isn't moving.

MORE ABLE

- Can pupils run at pace and turn quickly keeping the ball under control?



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they dribble a ball at pace keeping it under control?
	4	Can they dribble a ball at a slow pace with a certain degree of control?
	3	Can they dribble a ball, but to a low ability?
Tactics, Rules & Teamwork	5	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.
	4	Can work in a small group & understands which part of the foot to use to change direction.
	3	Starts communicating within a small team.
Show & Link	5	Can they link the skills: dribbling at speed, changing direction and keeping the ball under control?
	4	Can they show and link: dribbling with running at speed??
	3	Show dribbling and changing direction together.
Describe Ways to Improve	5	Are able to describe and improve performance,
	4	Are able to describe performance.
	3	Are able to see difference 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.