

LESSON PLAN: FOOTBALL: YEAR 4: WEEK 5

LESSON OBJECTIVE: Learn different shooting techniques and be able to strike a ball using laces.

WARM UP (10 MINS)

In pairs pupils have 1 ball and must number themselves 1 and 2. Pupils begin by dribbling around the area with their partner close by. After 10 paces the person with the ball must pass to their partner. On the whistle the partner with the ball has to escape from their partner and try and keep the ball for 30 seconds. The person with the ball at the end wins.

MAIN LESSON (20 MINS)

Split class into small groups of 4/5. Each group needs 1 goal (create using cones). In pairs either side of the goal. One partner passes to the other then strikes the ball towards the goal.

Pupils must be looking to place their non-striking foot beside the ball and then striking the ball with the laces of their strongest foot. After pupils have got the hang of it, mark areas in the goal where you want them to try and hit the ball. Add a goalkeeper, pupils are allowed 3 touches then have to shoot.

GAME/COMPETITION (15 MINS)

Set up cones in a line, one meter between each cone. Line up two players on opposing sides of each cone, they need to be 15 steps away from the cones, facing one another. Give one of the pupils a ball. The aim of the game is to knock down the cone in as few shots as possible. When the first shooter misses the cone, their partner controls the ball and takes a shot. When the cone is knocked over, one player sets it back up and they continue playing. For a variation, play the game for one minute intervals, and encourage the players to improve their record each time.

EQUIPMENT

- Cones
- Footballs

KEYWORDS

- Strike
- Laces

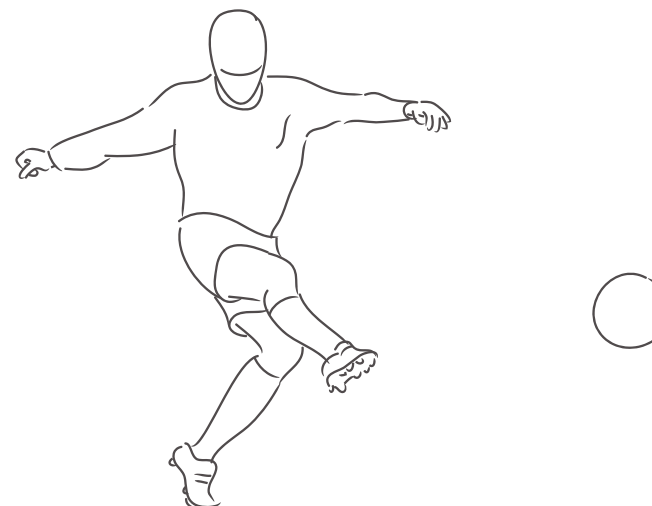
DIFFERENTIATION

LESS ABLE

- Focus on striking the ball from a static position, working on body positioning.

MORE ABLE

- Move the starting position so the pupil is shooting from both further out and from different angles.
- In the game use the weaker foot every other shot.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the skills of shooting the ball with their laces to a high ability?
	5	Can they perform the skills of shooting the ball with their laces with a certain degree of control?
	4	Can they attempt to perform the skills to shoot using their laces?
Tactics, Rules & Teamwork	6	Works with their partner & demonstrates knowledge & understanding of the task.
	5	Can work with a partner & understands the directions.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: striking both a moving and static ball and keeping it under control?
	5	Can they show and link: striking a static ball and keeping it under control most of the time?
	4	Show how to strike a ball.
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.