

LESSON PLAN: FOOTBALL: YEAR 6: WEEK 4

LESSON OBJECTIVE: To learn how to strike a ball with accuracy.

WARM UP (10 MINS)

Start by splitting the class in half, create two lines behind 2 cones 5m apart. Shout 'GO', the first person starts with over, and then alternates between under and over, until it reaches the final person, who sprints to a cone placed 10 m in front of them and then back to the start of the line and repeats the process. The game finishes when everyone is back in order.

MAIN LESSON (20 MINS)

Start off by showing the technique of striking the ball, standing foot next to the ball, knee over the ball and strike the ball with laces through the middle of the ball. Emphasise the importance of following through for accuracy. Start off by setting a line of cones at 5m, 10m, 15m. In pairs start by striking the ball to each other. If they strike the ball accurately 5 times each in a row then one pupil moves back 5m to the next cone, and continue striking the ball to each other.

Develop: Using a 20m/20m grid. In the middle of the square there is a goal (using cones 5m apart) in each end zone is 2 pupils who in turn have to strike the ball into the goal and through to the other end zone, one pupil controls whilst the second shoots.

GAME/COMPETITION (15 MINS)

Create a pitch 30m/15m, with two semi circle areas in front of the goals, players cannot score in these areas. Play small sided games and rotate the teams round.

EQUIPMENT

- Cones
- Footballs
- Bibs
- Whistle
- Tape measure

KEYWORDS

- Accuracy
- Laces
- Control
- Balance
- Consistency

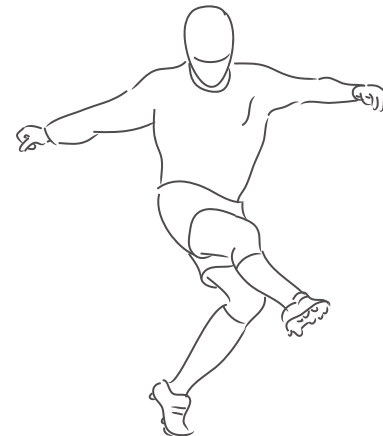
DIFFERENTIATION

LESS ABLE

- Stay at the 5m distance to focus on technique.
- Strike a dead ball not a moving ball.

MORE ABLE

- If accurate get them back to the 15m distance as soon as possible.
- Expand the area in the game.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the striking skills to a high ability?
	7	Can they perform the striking skills with a certain degree of control?
	6	Can they perform some of the striking skills, with very little control?
Tactics, Rules & Teamwork	8	Works with their partner & demonstrates knowledge & understanding of the task.
	7	Can work with a partner & understands the directions.
	6	Starts communicating with a partner.
Show & Link	8	Can they link: striking the ball with power, with both feet, accurately?
	7	Can they show and link: striking the ball accurately?
	6	Show they can strike the ball.
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe performance.
	6	Are able to see differences in performance against a simple model.
Fitness & Health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.