

LESSON PLAN: **MULTI SKILLS:** YEAR 5: WEEK 4

LESSON OBJECTIVE: Students learn to dribble a football in a number of different situations

WARM UP (10 MINS)

The teacher divides the class into two groups. Each group starts each end of the hall/gym with a number of footballs. The teacher also marks out a safety zone in the middle where pupils are not permitted to enter. When the teacher starts the game pupils must pass the ball to the opposite team using the side of their foot. The team with the least amount of balls at the end wins. If any balls land in the safety zone, they must stay there until the teacher stops the game.

MAIN LESSON (20 MINS)

The teacher splits the class into groups of four or five students. The students take part in the following dribbling exercises:

- Dribble to a cone and back
- Dribble around a number of cones and back
- Dribble to and forth a number of cones and back

Develop: Once pupils have shown their ability to dribble, the teacher will then add a goal in which pupils need to dribble through the cones and shoot at the goal. How many people can dribble and score & then add a keeper.

GAME/COMPETITION (15 MINS)

Two or three small football pitches are marked out by the teacher. The teacher divides the teams accordingly. Students compete in small sided football games and do not require a keeper. This is because a goal can only be scored by dribbling through the goal.

EQUIPMENT

- Cones
- Hoops
- Skipping ropes
- Bibs

KEYWORDS

- Arms back
- Spring and swing
- Extend body
- Land quietly
- Arms forward

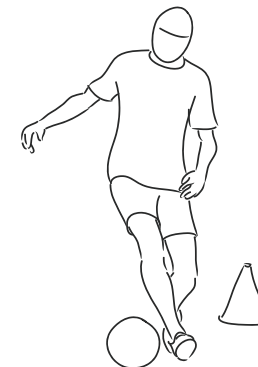
DIFFERENTIATION

LESS ABLE

- Use one foot to dribble.
- Make the obstacle course easier.
- Bigger gaps to dribble through.
- Football game against students of the same ability.

MORE ABLE

- Use weaker foot.
- Use two feet to dribble.
- Use inside and outside of the feet.
- Football games against students of the same ability.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the dribbling skills to a high ability?
	6	Can they perform the dribbling skills with a certain degree of control?
	5	Can they perform some of the dribbling skills, but to a low ability?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the task.
	6	Can work with a partner & understands the directions.
	5	Starts communicating with a partner.
Show & Link	7	Can they link: the skills required to dribble a football successfully in a variety of tasks?
	6	Can they show and link: some of skills required to dribble a football in a variety of tasks?
	5	Show they can dribble.
Describe Ways to Improve	7	Are able to describe and improve performance.
	6	Are able to describe performance.
	5	Are able to see differences in performance against a simple model.
Fitness & Health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.