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|---------------------|-----------------------------------|----------------|---------|------------|----|----|
| Lesson 1 | Subject: Football | Year: 7 | Group: | Total No.: | M: | F: |
| | Lesson: Intro. to Football | Ability: | Period: | SEN: | | |
| | | Duration: | w/c | | | |
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Objectives:

To be able to perform the basic Football skills of passing, receiving, and dribbling

To be able to perform these in a small sided games, and to understand and know the basic laws of the game *i.e. Centres, Free kicks, Throws-ins (roll ins)*

To understand and know where passing is used in football.

| Activity | Description | Objectives | ✓ | Teaching Points | ✓ | Differentiation |
|---|--|---|---|--|---|---|
| Warm Up | The pupils perform shuttles to 6 – yard box, 18 yard box, and half way | To know the benefits of a warm up To perform the actions in the warm up | | Increase tempo as time increases Run hard and efficient | | ⬆️ Dribble with ball |
| Pair Stretching | Students arranged in a circle. Teacher leads through series of stretches and questions students as to what muscles we were stretching. | To understand the importance of stretching at the start of the session. To know the names of major muscles. To carry out in pairs correct stretching routines safely. | | Hold stretches for 7 seconds. No bouncing. | | ⬆️ Pupils perform stretches <i>Nominate two pupils to plan and perform warm up next lesson</i> |
| Intro. to Football - Inside of the foot pass - Dribbling | Dribble control game -In 3's - Dribbling relays (and then use passing to partners) | To be able to perform the basic Football skills of passing, receiving, and dribbling To be able to perform these in a small sided games, and to understand and know the basic laws of the game <i>i.e. Centres, Free kicks, Throws-ins (roll ins)</i> | | - Use soft touches and keep the ball close at all times. - Keep lifting the head to look for space and other players. | | ⬆️ Increase pace |
| | - Dribbling in and out of cones using trap control to control the ball | | | - Circle as tight to the cones - When you have circled one cone, lift your head to look for another free cone. | | ⬆️ Decrease space between cones ⬆️ Increase space between cones |
| | - In 3's pass the ball to partner over 5m | To understand and know where passing is used in football. | | - Use any part of foot to pass the ball | | ⬆️ Increase distance of pass ⬆️ Pass through targets / gates ⬆️ Two touches only ⬆️ Three touches only |
| | - In groups – pass and follow | | | | | |
| Games | - 3 v 3 GAME - No tackling - Talk about the - kick off - throws ins - scoring | To incorporate these skills into small sided games of football To be able to perform these skills in a competitive situation To know and understand the simple rules of football such as starting, throws ins and scoring | | - Pass the ball when there is somebody available to receive. - Dribble in and around opponent's area. | | ⬆️ Limit number of touches ⬆️ Everyone must touch ball before they can score |

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| Cool Down | Walk around lines of the pitch | To understand why you Cool Down and do rhythmical movement after exercise | - Gentle walking speed. - Take in deep breaths - Keep upright | ⬆ Ask pupils questions why a Cool down is essential after exercise |
| Equipment | Balls, Cones, Bibs, Stopwatch, Whistle, Peer evaluation sheets | | | |

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|-------------------|------------|-------------|-----------------|-------------|----------|----------------|---------|------------|
| ICT | Assessment | Citizenship | Peer Evaluation | Literacy | Numeracy | Pupil planning | | |
| Analysis of perf. | Evaluation | Feedback | Q & A | Mathematics | Art | English | Science | Technology |

Comments / Notes:

Improvements:

HEALTH AND SAFETY THROUGHOUT THIS LESSON

- Tell the students that they must remove all jewelry
- Tell pupils to keep head up when performing every skill
- Students must always remain in their grids at all times when performing drills
- Must stretch thoroughly - All students must shoot the same way
- Always - check the working areas for glass, objects, at the beginning of every lesson.
- NO CONTACT - Tell students never to leave anything lying around grids
- Equal distances between groups
- Tell them to tackle safely and not be silly / stupid

ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

| Lesson | Scheme | Development |
|--------|--------|-------------|
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|---------------------------|-----------------------------------|----------------|---------|------------|----|----|
| Lesson 2 | Subject: Football | Year: 7 | Group: | Total No.: | M: | F: |
| | Lesson: Intro. to Football | Ability: | Period: | SEN: | | |
| | | Duration: | w/c | | | |

Objectives: To incorporate these skills into small sided games of football
 To be able to perform these skills in a competitive situation
 To know and understand the simple rules of football such as starting, throws ins and scoring

| Activity | Description | Objectives | ✓ | Teaching Points | ✓ | Differentiation |
|---|--|---|---|--|---|---|
| Student Warm Up | The pairs chosen last lesson lead the warm up | To be able to lead the group through heart raising exercises. | | - listen to and follow instructions of those leading the warm-up | | Ⓛ Ask students how they could make warm up easy / harder / intense |
| Student Stretches | Students arranged in a circle. Students lead through series of stretches | To understand the importance of stretching at the start of the session. | | - Hold stretches for 8 seconds. - No bouncing. | | ⬆ Get pupils to incorporate stretching with Ball / Objects being used in lesson / or muscle groups |
| Intro. to Football - Inside of the foot pass - Dribbling | - Dribbling in and out of cones using trap control the ball | To be able to perform the basic Football skills of passing, receiving, and dribbling | | - use any part of foot - keep ball close to foot - keep head up and look in front | | ⬆ Increase pace ⬆ Decrease space between cones ⬆ Increase space between cones |
| | - In 3's pass the ball to partner over 5m | To be able to perform these in a small sided games, and to understand and know the basic laws of the game <i>i.e.</i> Centres, Free kicks, Throws-ins (roll ins) | | <u>Passing</u> - Use any part of the foot to pass the ball. | | ⬆ Increase distance of pass ⬆ Pass through targets / gates ⬆ Two touches only ⬆ Three touches only |
| | In groups – pass and follow | To understand and know where passing is used in football. To know the importance of keeping their head up whilst performing drills | | <u>Receiving</u> - Shoulder / Hips square to ball with foot extended and positioned to cushion ball | | ⬆ 4 V 1 ⬆ 3 V 2 or 2 v2 ⬆ Limit touches ⬆ Cannot pass to those that have passed to you |
| | - 3 v1 | | | - use any part of foot - keep ball close to foot - keep head up and look in front - do not make contact with anyone | | ⬆ Pupils are allowed to kick stray balls away (no tackling) |
| Game | - 3 v 3 GAME - No tackling - pupils playing different groups | To incorporate these skills into small sided games of football To be able to perform these skills in a competitive situation To know and understand the simple rules of football such as starting, throws ins and scoring | | - No tackling - Can use any pass or skill to keep control of ball - Pupils must constant use communication | | ⬆ Limit number of touches ⬆ Everyone must touch ball before they can score |

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|------------------|--|---|--|--|
| Cool Down | The 2 students chosen to lead the cool down do so | To understand why you Cool Down and do rhythmical movement after exercise | - listen to and follow instructions of those leading the cool down - complete exercises and stretches | ⬆ Ask pupils questions why a Cool down is essential after exercise |
| Equipment | Balls, Cones, Bibs, Stopwatch, Whistle, Peer evaluation sheets | | | |

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