

SCHEME OF WORK : FOOTBALL
YEAR: 7

Phases of Scheme	Wks	Objectives per progression	✓	Activities	✓	Resources	No.
1. Intro. to Football - Inside of the foot pass - Dribbling	2	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> To understand and know where passing is used in football.		- Dribble control game -In 3's - Dribbling relays (and then use passing to partners) - Dribbling in and out of cones using trap control to control the ball - In 3's pass the ball to partner over 5m - In groups – pass and follow - 3 v1 - Dribble control game with cones - 3 v 3 GAME		Balls, Cones, Bibs, Stopwatch, Whistle, Peer evaluation sheets	
Cross Curricular Aspects through this phase	<i>Citizenship, English, Literacy, Mathematics, Science, ICT</i>			ASSESSMENT (within activities)	<i>Q & A Observation Peer evaluation</i>		
Comments / Problems				Changes / Improvements			
2. Inside of foot passing	2	To be able to perform the inside of the foot passes and receive them. To understand and know the benefits of passing and those of this type of pass. To develop their understanding and knowledge of how to correctly receive the ball, and pass with the inside of the foot. E.g. Passing is quicker than a dribble To incorporate the previous learnt skills e.g. <i>Passing, Receiving and Stopping / controlling the Ball.</i>		- End-ball Game – 3 v 3 - Pass the ball to partners over 10 m and increase the intensity of passing. - Use both feet - Pass and follow - In pairs - pass the ball on the move down channel the channel. - In 4's in a 5 x 5m square the pupils pass up, across, down, across, and up - In 4's in a 5 x 5m square the pupils pass diagonal, down, diagonal, down taking Minimum touches - 3 v 1 – Keeping possession - Football tennis – two groups with a few balls – aim – to pass the ball past the oppositions goal line whom are trying to stop the balls going over - 3 V 3 GAME - with small goals – no dribbling		Balls, Cones, Bibs, Stopwatch, Whistle, Peer evaluation sheets	
Cross Curricular Aspects through this phase	<i>Citizenship, English, Literacy, Mathematics, Science, ICT</i>			ASSESSMENT (within activities)	<i>Q & A Observation Peer evaluation</i>		