

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

### Subject: UKS2 Year A– Football

**Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.**

#### **POS aims from NC:**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing, and catching in isolation and in combination.
- Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis), and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control, and balance (for example, through athletics and gymnastics)
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal be.

#### **Prior Learning (what pupils already know and can do)**

- Pupils should know how do throw ins, corner kicks and goal kicks.
- Pupils should know how to kick, stop, dribble and shoot.
- Pupils should know how to kick the ball with the inside and outside of the foot.
- How to pass a ball to someone else stationary, moving and on the move.
- How to direct a ball and judge the weight of the kick.
- How to pass and stop the ball and then a ball being passed to them.
- To pass and stop the ball with the left and the right foot.
- Pupils should know how to attack and defend the ball in small, sided games.

#### **Long-term Learning (what pupils MUST know and remember) End Goals**

##### **Football**

- To know how to replicate the core skills of passing and receiving and be able to use these to outwit opponents
- To know how to improve their dribbling skills and keeping the ball close to the foot.
- To know how to tackle someone with the ball and know how to defend in different situations
- To know how to improve their strategy and their positioning.
- To know the positions and rules of the game and how to use the skills they have learnt and put them into small-sided football games

#### **Key Vocabulary**

passing, running, accuracy, speed, teamwork, inclusion

**Session 1 –To be able to link short passing skills, techniques and ideas and apply them appropriately. To be able to show precision, control and fluency when performing short passes. To use passing skills, techniques and ideas and apply them appropriately in the changing situations of a small, sided game.**

- To know how to use short and long passes.
- To know how to replicate the core skills of passing and receiving.
- To know how to understand and develop the knowledge of the types of passes needed and when.
- To know how to outwit opponents with a variety of passes in a competitive small-sided game.
- To know how to select the correct pass for various distances in a game situation.

Healthy Participation – Explain and apply basic safety principles when preparing for exercise.

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**Session 2 – To be able to successfully dribble with ease and fluency. To be able to pass with some accuracy in a game situation.**

- To know how to improve their dribbling skills and keeping the ball close to the foot.
- To know how to improve accuracy of passes and to use the right weight of shot.
- To know how to defend against someone who is running towards you with the ball and dribbling.
- To dribble the ball in a game situation around a defender.

Healthy Participation – Describe how exercise affects their bodies, and why regular, safe activity is good for their health and wellbeing.

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**Session 3 – To be able to apply basic principles of attacking and defending.**

- To know how to use dribbling skills to keep the ball close to them when moving around the space.
- To know how to tackle someone with the ball.
- To know how to pass the ball in small groups running up the field.
- To know how to work with a team mate to pass the ball to go round the tackler.
- To know how to work as a team to tackle someone with the ball and then take the ball up the pitch.
- To know how to communicate with a team when defending in a game – making interceptions and covering space.

Healthy Participation – To discuss the benefits of having regular drink breaks during PE can help to replace the fluids you lose when you sweat and can help to maintain normal body functions and performance levels.

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**Session 4 – To be able to work well in a team and be able to apply strategies and positioning into game situations.**

- To learn how to work with a team mate to attack as a group  $\frac{3}{4}$  and to defend as a group of 3 or 4.
- To know that even when somebody has not got the ball, they are still important in where they stand to give an option for passing or to take a defender's eye off the ball.
- To know how to improve their strategy and their positioning.
- To know how women and men in professional teams work together using tactics of attack and defence.
- To know how to attack and defend using drills taking up key strategic positions on the field.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

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**Session 5 – To be able to show some use of tactics and put them into game situations. To be able to understand the positions and rules of the game.**

- To know how to control the ball by getting the body in line with the ball.
- To know how to use both feet and with some success.
- To know how to move into space and control with either foot in a game.
- To know how to show their understanding of tactics.
- To know how to work as a team to score, shooting from various angles.

Healthy Participation – Highlight the possible health benefits gained from taking part in Football based activities and discuss the need to stay healthy and active.

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**Session 6 – To be able to use techniques learned and apply in a game situation. To be able to link football skills, techniques and ideas and perform them with precision, control, and fluency.**

- To know how to use the skills they have learnt and put them into small-sided football games.
- To know how to evaluate and pick out some plays/moves in women's and men's professional football.
- To know how to learn how to play the game and identify the skills that they need to work on to improve further.
- To know how to discuss tactics and how to win as a team (communicate and collaborate).
- To know the positions and rules of the game.

Healthy Participation – Suggest any Football clubs within the school timetable and promote community links.

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Future learning this content supports:

This unit will support future subjects in Spring 1. Pupils will know how to work together in teams and come up with tactics to help them win. Pupils will be used to working in different groups which will support their learning in next terms topic of dance and gymnastics. Pupils will have built up strength, stamina and speed and they will have trained their brain to improve their concentration and coordination.

**Cross Curricular Links:** Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).