



West Meadows Primary School - Theme Organiser



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|---|--|---|--|
| Theme: Invasion Games - Football | | Year: Year 3 | Subject: Physical Education |
| What should I already know/be able to do? <ul style="list-style-type: none"> Send & receive a ball by rolling from hand & striking with foot Aim & throw object underarm Catch balloon/bean bag/scarf & sometimes a bouncing ball Move and stop safely in a specific area Play a passing & target game alone and with a partner | | How will I use this learning in the future? In Year 4 I will be learning to dribble with small touches into space and pass to someone on my team. Start to mark other players and intercept the ball. | What vocabulary should I learn? attacker a player responsible for scoring against the other team Cruyff turn a movement where the player with the ball pushes the ball behind their own leg and continues to move with the ball defender a player responsible for stopping the other team from scoring free kick a kick awarded to one team due to the foul of another team goalkeeper the player responsible for blocking the ball from the goal long pass a pass to send the ball a far way midfielder a player responsible for attacking and defending plant foot the foot not kicking the ball, used to help aim push pass the most common football pass between teammates Other: Target, dribbling, receive, opponent dodging, defence, attack, possession, interception, track. |
| What should I be able to do by the end? <ul style="list-style-type: none"> Begin to dribble a ball making small touches Begin to send a football to someone on team. Keep a ball under control. Know where space is and try to move into it. Mark another player and defend when needed. | | | |
| Shooting: <ul style="list-style-type: none"> -Glance up and select your target -Keep your head down and eyes on the ball -Point your toe and lock your ankle -Strike the ball in the centre-bottom half of the ball with your laces -Plant foot should be pointing towards your target. | Traveling | | |
| Push Pass: <ul style="list-style-type: none"> - Point non-kicking foot in direction you want the ball to go - Use the inside of your foot to kick the ball - Hit the middle of the ball with your kicking heel down and toe pointing up - Use when near teammates | Rules of Football: <ul style="list-style-type: none"> -No players can be in the opposition half when kick-off occurs. -Any foul can result in a free kick, or a penalty if the foul takes place in the penalty area. -If the attacking team kicks the ball beyond the goal line, this results in a goal kick (a kick from the goal-keeper). -If the defending team kicks it behind their own line, the attackers are awarded a corner kick. -The ball is kicked off from the centre spot at the start of a game and after a team score. -You can't touch the ball with your hands or arms unless you are the goal keeper- this would be called a handball and would get you a foul. -Don't touch any other player- only the ball! -When throwing in, throw overhead | Attacking and Defending <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid green; padding: 5px;"> Dodging and Swerving <ul style="list-style-type: none"> Keep your head up and knees bent. Plant one foot and change direction. </div> <div style="border: 1px solid green; padding: 5px;"> Marking <ul style="list-style-type: none"> Try to judge which direction the attacker is going to travel in and block them. Stay light on your feet, ready to react and change direction quickly. </div> </div> | |
| Turning: | | | |

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|--|--|---|
| Theme: Invasion Games - Football | Year: Year 4 | Subject: Physical Education |
| What should I already know/be able to do? <ul style="list-style-type: none"> Begin to dribble a ball making small touches Begin to send a football to someone on team. Keep a ball under control. Know where space is and try to move into it. Mark another player and defend when needed. | How will I use this learning in the future? In Year 5 you will learn to move into space at speed, use different parts of the foot to make a pass, defend a player and make successful interceptions. | What vocabulary should I learn? attacking invading the oppositions territory backward pass passing the ball backwards away from the goal to keep possession defending protecting your own territory drag back turn a technique used to change direction whilst maintaining possession of the ball feigning pretend to move in one direction then move in the other interception taking the ball off the other team during a pass marking shadowing an opposition player to stop them gaining possession possession a player or team having control of the ball swerving a quick change in direction Other Interception, opponent, defend, attack, tracking, possession |
| What should I be able to do by the end? <ul style="list-style-type: none"> Dribble with small touches into space. Send a football to someone on the team, using different parts of foot. Keep a ball under control when receiving a range of passes from team. Understand where the space is and can move into it. Mark another player and begin to attempt interceptions. | Positions And space  | |
| Shooting: <ul style="list-style-type: none"> -Glance up and select your target -Keep your head down and eyes on the ball -Point your toe and lock your ankle -Strike the ball in the centre-bottom half of the ball with your laces -Plant foot should be pointing towards your target. | Traveling Use the inside, outside and top of your foot to dribble with the ball. Look up as much as possible. Keep control of the ball by making lots of little touches to it. Keep the ball close to your feet. | Receiving the ball Receive the ball using the inside part of your foot as this is the largest area. |
| Backwards pass: Use when there is no attacking possibility as a way of defence. Pass the ball backwards using the sole or heel of the foot.  | Rules of Football: <ul style="list-style-type: none"> -No players can be in the opposition half when kick-off occurs. -Any foul can result in a free kick, or a penalty if the foul takes place in the penalty area. -If the attacking team kicks the ball beyond the goal line, this results in a goal kick (a kick from the goal-keeper). -If the defending team kicks it behind their own line, the attackers are awarded a corner kick. -The ball is kicked off from the centre spot at the start of a game and after a team score. -You can't touch the ball with your hands or arms unless you are the goal keeper- this would be called a handball and would get you a foul. -Don't touch any other player- only the ball! -When throwing in, throw overhead | Attacking and Defending Mark your opponent and use appropriate attack or defence skills. Use interception. Receive ball with hands and feet as a goalkeeper.   |
| Turning: Running with the ball, put your stronger foot on top of the ball and Roll (drag) the ball in the opposite Direction you were going, turning With the ball as you go.  | | |

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Theme: Invasion Games - Football **Year:** Year 5 **Subject:** Physical Education

What should I already know/be able to do?

- Dribble with small touches into space.
- Send a football to someone on the team, using different parts of foot.
- Keep a ball under control when receiving a range of passes from team.
- Understand where the space is and can move into it.
- Mark another player and begin to attempt interceptions.

How will I use this learning in the future?

In Year 6 you will play different invasion games including football that will help with tactical play. Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from) when under pressure from a defender.

What vocabulary should I learn?

attacking
invading the oppositions territory

defending
protecting your own territory

feigning
pretend to move in one direction then move in the other

inside hook
hooking the ball with the inside of the foot

interception
taking the ball off the other team during a pass

man-to-man marking
shadowing an opposition player to stop them gaining possession

tackle
Take the ball off another player using only foot to ball action

Two-touch pass
receive and pass the ball in only two touches

Other:
Press, hold, maintain, foul, handball, penalty, tactics, goal-kick

What should I be able to do by the end?

- Dribble making small touches into space with speed.
- Send a football to someone on the team, using different parts of foot accurately.
- Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from).
- See space, and use it effectively.
- Lose a defender to receive a pass.
- Defend a player and make some successful interceptions for team.

Attacking and defending:
Tackling

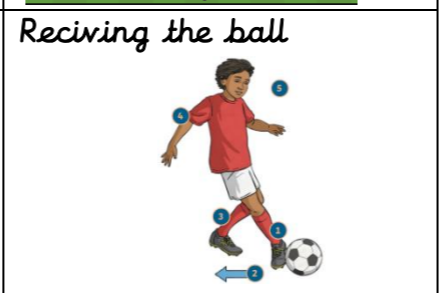


- Technique**
- Stay on the balls of your feet and keep a low body position with your knees bent, making it easier to move and react.
 - Put your arms out to help with balance.
 - Position your tackling foot as if you are passing the ball with your toe up, heel down and ankle locked.
 - Use the inside of your foot to contact the middle of the ball.
 - Lean forward and put your weight into the tackle.

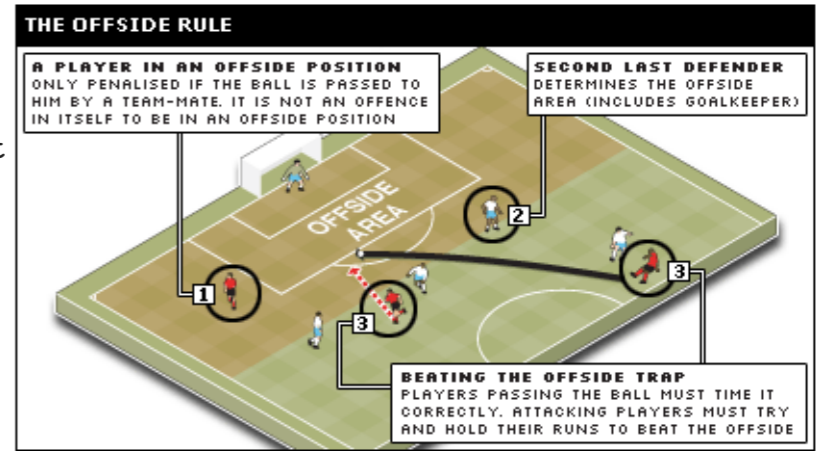


Shooting:

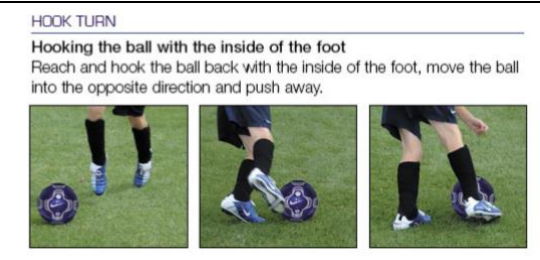
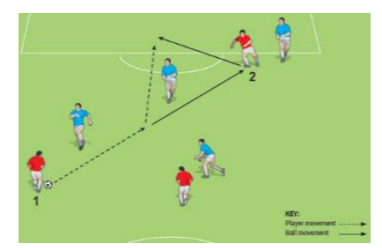
- Glance up and select your target
- Keep your head down and eyes on the ball
- Point your toe and lock your ankle
- Strike the ball in the centre-bottom half of the ball with your laces
- Plant foot should be pointing towards your target.



A player is caught offside if they're nearer to the opponent's goal than both the ball and the second-last opponent (including the goalkeeper) when their team-mate plays the ball to them.



1-2 pass.
Player 1 passes the ball to Player 2. Player 1 moves into Space and is ready to receive The ball from player 2. Player 2 passes the ball back To player 1 in a different position



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| | | |
|---|---------------------|------------------------------------|
| Theme: Invasion Games - Football | Year: Year 6 | Subject: Physical Education |
|---|---------------------|------------------------------------|

What should I already know/be able to do?

- Dribble making small touches into space with speed.
- Send a football to someone on the team, using different parts of foot accurately.
- Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from).
- See space, and use it effectively.
- Lose a defender to receive a pass.
- Defend a player and make some successful interceptions for team.

How will I use this learning in the future?

In KS3 you will be expected to play multiple invasion games. Tactics and skills are often transferable within these games. You will play full games and improve skills and tactics you have previously learnt.

What vocabulary should I learn?

attacking
invading the oppositions territory

defending
protecting your own territory

feigning
pretend to move in one direction then move in the other

inside hook
hooking the ball with the inside of the foot

interception
taking the ball off the other team during a pass

man-to-man marking
shadowing an opposition player to stop them gaining possession

tackle
Take the ball off another player using only foot to ball action

Two-touch pass
receive and pass the ball in only two touches

Other:
Press, hold, maintain, foul, handball, penalty, tactics, goal-kick

What should I be able to do by the end?

- Dribble making small touches into space with speed, to beat defenders.
- Make decisions regarding how and when to send a football to someone in team.
- Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from) when under pressure from a defender.
- Know how space changes within a game and when and how to move into changing spaces.
- Draw defender away to create space.
- Position body to defend effectively, making successful interceptions.

**Attacking and defending:
Tackling**

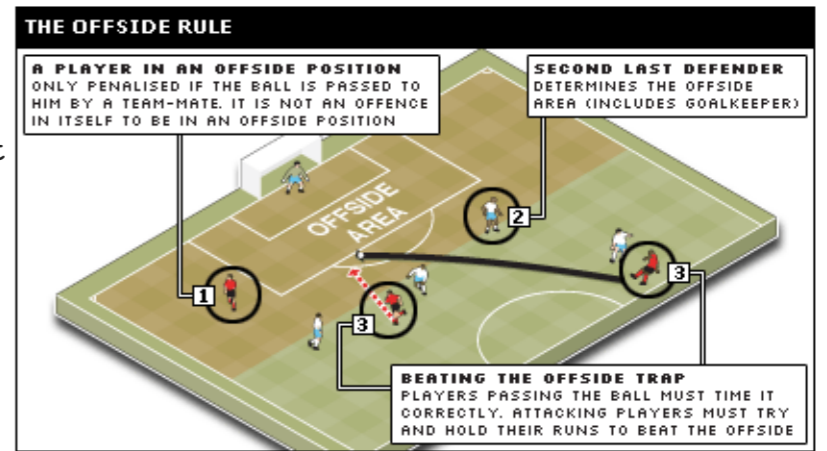


- Technique**
- Stay on the balls of your feet and keep a low body position with your knees bent, making it easier to move and react.
 - Put your arms out to help with balance.
 - Position your tackling foot as if you are passing the ball with your toe up, heel down and ankle locked.
 - Use the inside of your foot to contact the middle of the ball.
 - Lean forward and put your weight into the tackle.

**Positions
And space**



A player is caught offside if they're nearer to the opponent's goal than both the ball and the second-last opponent (including the goalkeeper) when their team-mate plays the ball to them.



Shooting:

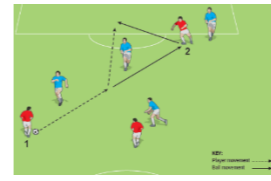
- Glance up and select your target
- Keep your head down and eyes on the ball
- Point your toe and lock your ankle
- Strike the ball in the centre-bottom half of the ball with your laces
- Plant foot should be pointing towards your target.

Receiving the ball



1-2 pass.

Player 1 passes the ball to Player 2. Player 1 moves into Space and is ready to receive The ball from player 2. Player 2 passes the ball back To player 1 in a different position



**Turn:
Hook turn**

