

PE

Y 1 Attacking and Defending Football Skills Focused Summer 2



National Curriculum subject content:
Participate in team games, developing simple tactics for attacking and defending.
Develop balance, agility, and coordination.
Master basic movements including running, jumping, throwing and catching as well as developing balance agility and coordination and begin to apply these in a range of activities.
National Curriculum theme:
Defending and attacking. Previous linked units Multi skills and defending

Key Vocabulary:	
dribble	Long curved stick used to hit a ball in hockey
defend	Stop an attack
Receive	To get the object
shoot	Move along the surface
Tactic	Actions/ plans to achieve a result
Team	A group of people
Speed	Moving fast or slow
Direction	Way you are travelling? Going (left/ right/ forward/ backwards/ sideways
Passing	To give to another player
Control	A movement to move the object
Shooting	Aim at a target
attack	Number of points you earn for achieving something
Goal	The area the ball has to enter to score a point.
kick	To strike with foot

Sequence of Learning:					
Objectives (key knowledge):					
To learn to dribble a ball with control.	To learn to control and stop a ball.	To learn to pass and stop a ball.	To learn to shoot a ball at a target.	To learn to use attacking and defending skills.	To learn to use attacking and defending defending tactics within a small game situation.

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Fundamentals					
<p>Kick/stop a ball using a confident foot while static</p> <p>Run straight and on a curve and sidestep with correct technique</p> <p>Begin to follow some simple rules</p> <p>Spatial awareness (change of direction)</p> <p>Agility the ability to rapidly change direction, accelerate or decelerate.</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p>	<p>Kick/stop a ball using a confident foot while static</p> <p>Run straight and on a curve and sidestep with correct technique</p> <p>Begin to follow some simple rules</p> <p>Agility the ability to rapidly change direction, accelerate or decelerate.</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p> <p>Working in pairs and small groups.</p>	<p>Kick/stop a ball using a confident foot while static</p> <p>Run straight and on a curve and sidestep with correct technique</p> <p>Begin to follow some simple rules</p> <p>Agility the ability to rapidly change direction, accelerate or decelerate.</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p>	<p>Agility the ability to rapidly change direction, accelerate or decelerate.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p> <p>Spatial awareness</p> <p>Understand basic skill of passing.</p>	<p>Kick/stop a ball using a confident foot while static</p> <p>Run straight and on a curve and sidestep with correct technique</p> <p>Begin to follow some simple rules</p> <p>Agility the ability to rapidly change direction, accelerate or decelerate.</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p> <p>Working in pairs and small groups.</p>	<p>Agility the ability to rapidly change direction, accelerate or decelerate.</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p> <p>Working in small groups and larger teams.</p>