



Y5/6



Area of PE: Football

New Vocabulary

Possession	Retain the ball for the team, so your team is in control and have the ball.
Indirect free kick	When a free kick is awarded where the attacking team cannot shoot direct at goal another player must contact the ball first.
Tactics	Methods that you choose in order to be successful, i.e. number of passes made, movement, defensive/offensive shape.
Control	Control could be your first touch when receiving the ball or maintaining control of the ball when dribbling/shooting.
Jockeying	Slowing your opponent down by getting in their way.
Formation	Form a team consisting of a number of defenders, midfielders and attackers.
Midfielders	A player who links the defenders with the attackers and contributes to both attack and defence.

New Knowledge – Sociology

Team games like netball, football and rugby help me develop my decision making e.g. choosing the correct pass depending on who we are passing too.

New Knowledge – Psychology

Taking part in physical activity and exercise can help me increase my focus and concentration in the classroom.

Top tips – Tactics

Keep some players ahead of the ball as attackers and some players back to defend.

Pass if you are under pressure from the defenders.

Try to slow your opponent down by moving slowly backwards in the direction that they are moving. Knees should be bent with a low body position.

Top tip when playing:

Try to slow your opponent down by moving slowly backwards in the direction that they are moving. Knees should be bent with a low body position.

New Knowledge - Practical

Dribbling:

- Soft touches to keep the ball close to your feet.
- Send the ball ahead of you if you have space from a defender.
 - Use all parts of your foot.
 - Change in speed when dribbling.

Gaining Possession:

Regaining possession of the ball for your team is a key principle of football. There are ways in which you can tackle a player, but if you are not able to do so then slowing down your opponent is a good tactic to take.

One way to do this is called jockeying:
Jockeying – Jockeying denies your opponent time and space. Keep your knees bent and keep a low body position as the opponent approaches you. Stay balanced on your toes. Try to slow the opponent down by moving slowly back in the direction they are going (getting in their way).

Prior Knowledge about Football

Y3/4

Striking a football with control: Keep your head down with your eye on the ball. Plant your non-striking foot alongside the ball, striking the middle of the ball.

Turning: Turning helps you move away from a defender quickly.

Three types of turn: Drag back, inside hook, outside hook.

Key Vocabulary: Dribbling, Passing, Foul, throw in/kick in, turning.

Y1/2

Moving with a ball: Use soft touches to keep the ball close. Stop the ball by resting one foot lightly on top.

Passing the ball: Place your non-kicking foot to the side of the ball. Look up to see your target. Using the inside of the foot, kick through the centre of the ball.

When receiving the ball, stop it by placing your foot gently on top.

Key Vocabulary: attacker, defender, aim, target, dribbling

By the end of Y5/6, the children will know the following knowledge about football.