

P.E.

Year 5 – Football



About this Unit

Football is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Knowledge & Skills

Knowledge:

Not having a defender between you and the ball carrier helps you to send and receive with better control. Dribbling in different directions and at different speeds will help you to lose a defender. Moving to space even if you do not receive the ball will help to create space for a teammate.

Skills:

I can dribble, pass, receive and shoot the ball with some control under pressure.

I can communicate with my team and move into space to keep possession and score.

I can often make the correct decision of who to pass to and when.

I can use tracking and intercepting when playing in defence.

Golden Threads

Motor competence – Manipulate objects

- Dribble
- Pass
- Receive
- Track

Healthy participation

How will this unit help your body?

Agility, balance, co-ordination, speed, stamina

Rules, strategies and & tactics

Physical fouls include pushing, tripping, pulling, overly aggressive play.

You cannot touch the ball with your hands.

If either of these rules are broken, a free kick is awarded to the other team. All players must be five big steps away from the person taking the free kick.

If a ball goes out of play on a side line, a throw in is taken by the team who did not have last contact with the ball.

A corner is taken if the ball goes out of play on a goal line and is kicked out by the defending team.

A goal kick is taken if the ball goes out of play on a goal line and is kicked out by the attacking team.

YEAR 3

I can dribble, pass, receive and shoot the ball with some control.

I can find space away from others and near to my goal.

I am beginning to use simple tactics.

I can track an opponent to slow them down.

I understand my role as an attacker and as a defender.

YEAR 4

I can dribble, pass, receive and shoot the ball with increasing control.

I can move to space to help my team to keep possession and score goals.

I can use simple tactics to help my team score or gain possession.

I can delay an opponent and help to prevent the other team from scoring.

YEAR 5

I can dribble, pass, receive and shoot the ball with some control under pressure.

I can communicate with my team and move into space to keep possession and score.

I can often make the correct decision of who to pass to and when.

I can use tracking and intercepting when playing in defence.

YEAR 6

I can dribble, pass, receive and shoot the ball with increasing control under pressure.

I can create and use space to help my team.

I can select the appropriate action for the situation and make this decision quickly.

I can use marking, tackling and/or interception to improve my defence.

Key vocabulary

Close down: to reduce the amount of space for an opponent.

Maintain: to keep.

Sportsmanship: play fairly, respect others and be gracious in victory and defeat.

Transition: moving from attack to defence or defence to attack.

Turnover: when a team not in possession of the ball gains possession.