

# Year 7 & 8 PE– Football



**LITERACY/NUMERACY:** Understanding of key terms regarding to basketball. **Note:** The PE assessment booklet focusses on the Components of Fitness in relation to Basketball– this should be periodically addressed by the teacher in preparation for the completion of the booklet at the end of the unit of learning.

## PROJECT OVERVIEW

A series of lessons designed to develop the students’ skills, fitness and levels of understanding through football.

## FINAL PRODUCT / ASSESSMENT

Assessment (practical and written) of students through a variety of conditioned and competitive situations in various roles.

## FEEDBACK

Feedback obtained during lesson. Lots of opportunity for self reflection and peer feedback; as well as teacher feedback. The booklet brings in theoretical learning in preparation for KS4.

## HOMEWORK

Opportunity for engagement in extra-curricular football.

Simple activities that can be done at home to improve first touch and control: e.g kick ups

Homework activity on Principles of training

Reflect upon your own personal health and fitness– how can you access the right amount of exercise as part of a healthy active lifestyle.

## PLC: EVALUATION(Personal Learning Checklist)

<b>1</b>	To know the 4 parts of a warm up
	To be able to warm up safely and effectively
	To select and link simple skills and ideas; apply them to football.
<b>2</b>	To participate effectively in a passing drill as part of a skill based warm up
	To understand the importance of maintaining possession in football, and how to do this successfully.
	To use your tactics and control to maintain possession with consistent success rates in small sided games.
<b>3</b>	To try and use 3 or more body parts to control the ball
	To adapt to the situation of a conditioned game and recognise when it is appropriate to switch the play and maintain possession.
<b>4</b>	To control the ball on the turn.
	To analyse the performance of another recognising when to turn/not turn
	To link skills with some success in game situations.
<b>5</b>	To attempt shooting with both feet
	To demonstrate the co-ordination to shoot in different circumstances and/or to give effective feedback to others
<b>6</b>	I know where I can access football beyond my PE lessons

## SMSC & BRITISH VALUES

Understanding of the body in relation to others and space. Communication skills through ideas and the implementation of rules as a coach or referee.

## PAC VALUES

Community Initiative Team

## WIDER READING / SUPPORT

- Extra curricular opportunities
- Information about local football clubs in the community.
- Theory Booklets to consolidate learning.

WK	CONTENT	OBJECTIVE
<b>1</b>	Football baseline and simple ball skills	<ol style="list-style-type: none"> <li>1. To Re-cap on the 4 parts of a warm up</li> <li>2. To develop control and skills with the ball, showing flair, fluency and understanding.</li> <li>3. To baseline assess students through small sided games</li> </ol>
<b>2</b>	Passing and Possession	<ol style="list-style-type: none"> <li>1. To incorporate passing and control into a warm up drill.</li> <li>2. To understand the importance, and advantages, of a good first touch and high tempo possession in football.</li> <li>3. To play possession based small sided games.</li> </ol>
		<ol style="list-style-type: none"> <li>1. To further enhance the quality of stu-</li> </ol>

WK	CONTENT	OBJECTIVE
<b>4</b>	Control/ shooting	<ol style="list-style-type: none"> <li>1. To develop the ability to control the ball on the half turn.</li> <li>2. To understand the importance of vision and awareness in football.</li> <li>3. To practice shooting and vision based drills.</li> <li>4. To challenge students to transfer these skill into small sided games.</li> </ol>
<b>5</b>	Shooting under various circumstances.	<ol style="list-style-type: none"> <li>1. Students to understand the variety of contexts in which they may be required to shoot in football.</li> <li>2. Students to work in groups to coach and analyse each others performances in relation to shooting inn a variety of situations.</li> </ol>
<b>6</b>	Assessmant	<ol style="list-style-type: none"> <li>1. To assess the progress of students within their football unit of learning.</li> <li>2. To focus on progress made in relation to</li> </ol>