

Autumn 1

Owls (Yr 4/5)

PE - Year 4/5 - Football



*What I should already know... principles of other invasion games, rules of other sports, fairness, tactics*

Learning Objectives

*To develop the attacking skill of dribbling.*

*To develop changing direction and speed when dribbling.*

*To develop passing and begin to recognise when to use different skills.*

*To apply attacking skills to move towards a goal.*

*To use defending skills to delay an opponent and gain possession.*

*To apply skills and knowledge to compete in a tournament.*

Vocabulary

accelerate: speed up

communicate: share information

control: being able to perform a skill with good technique

cushion: take the power out of an object

decision: select an outcome

delay: to slow an object or player

deny: to prevent an action happening

foul: an act by a player that breaks the rules of the game

invasion: a game of two teams who invade each other's space to score goals

opposition: the other team

option: possible choices

pitch: the space used for the game

possession: to have

referee: the person who makes sure the rules are followed

tournament: a competition of more than two teams

track: to move your body to get in line with a ball that is coming towards you

Links to the National Curriculum

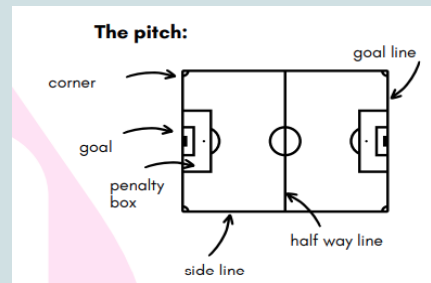
*Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.*

*They should enjoy communicating, collaborating and competing with each other*

*They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.*

*Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.*

*Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.*



### Key Rules of Football

- *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*

### Key Principles of Invasion Games

<u>Key Principles of Attacking and Defending</u>	
<u>Attacking</u>	<u>Defending</u>
<ul style="list-style-type: none"><li>● <i>Score Goals</i></li><li>● <i>Create Space</i></li><li>● <i>Maintain Possession</i></li><li>● <i>Move the ball towards the goal</i></li></ul>	<ul style="list-style-type: none"><li>● <i>Stop goals</i></li><li>● <i>Deny Space</i></li><li>● <i>Gain Possession</i></li></ul>

### Did you Know?

*Early versions of football can be traced back over 3000 years to the Mesoamerican civilisation where the ball they played with was actually a rock! Ancient Chinese civilisations used a round ball made out of feathers or fur, the Aboriginals used balls made of leaves and in Medieval Europe the ball was made out of a pig's bladder. When football as we know it grew in popularity, the ball changed too and nowadays, the ball is made out of leather.*