



in conjunction with



## Skills for Life: Football (KS2)

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Progressive child development through FOM, FMS, FMS will ensure every child has the opportunity to reach their full potential contributing to a healthy lifestyle and a solid foundation for participation in any sport (SSS, PSS).

This course activates the neurological functions thus stimulating pathways in the brain improving fine and gross motor skills which in turn improves curriculum learning.

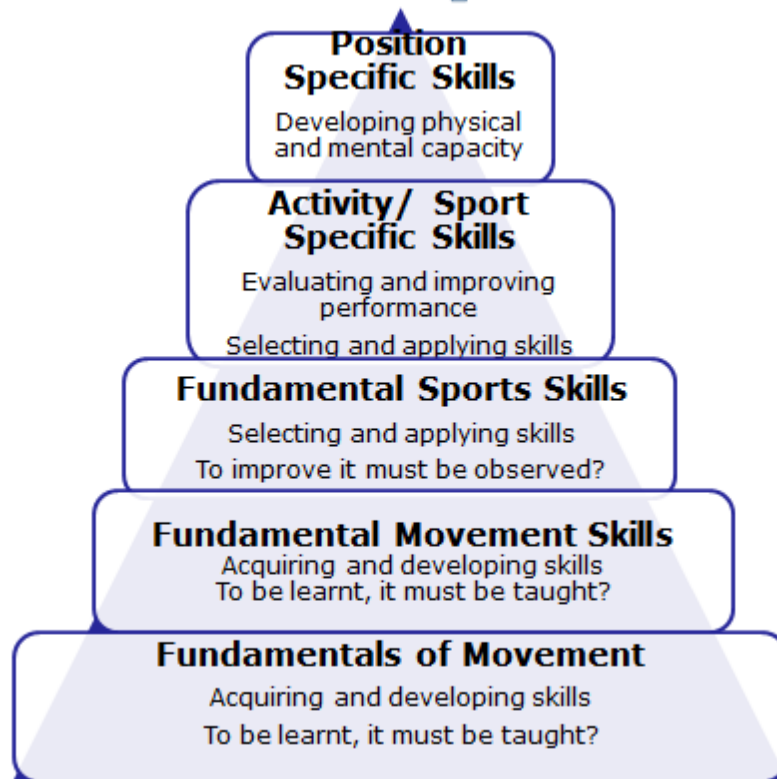
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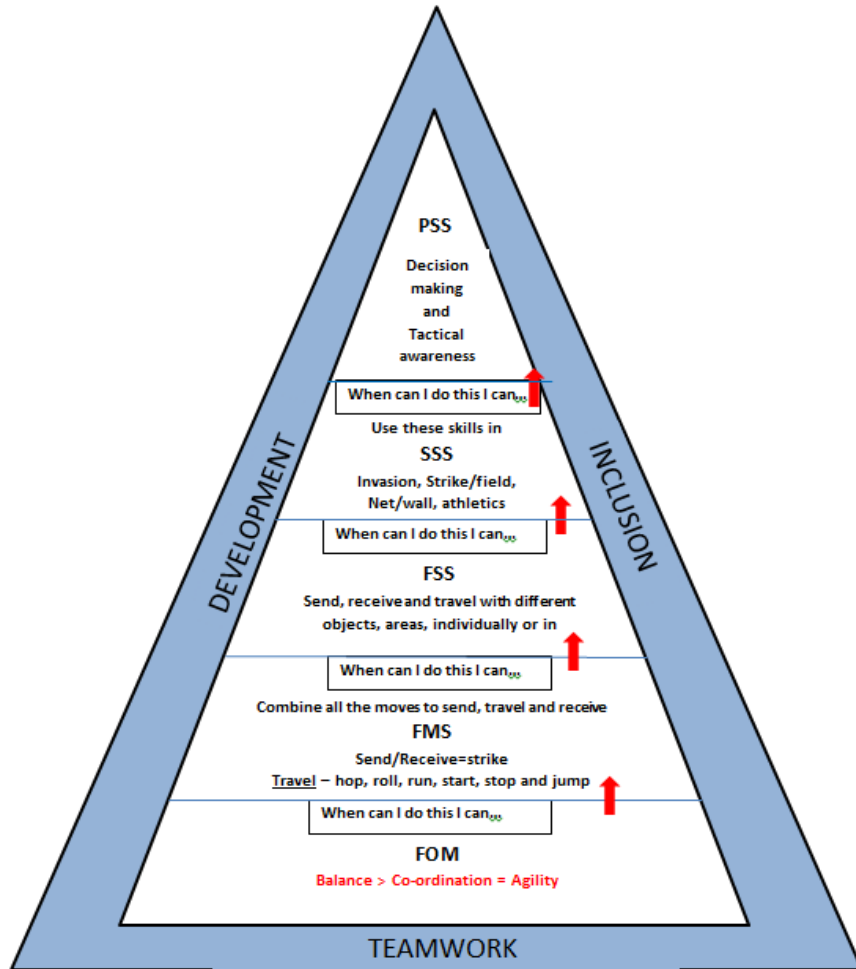
# Multi Skill Approach

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PSS	Upper Key Stage 2 Year 5 -6
SSS	Upper Key Stage 2 Year 5 -6
FSS	Lower Key Stage 2 Year 3 - 4
FMS	Key Stage 1 Year 1 - 2
FOM	Foundation Stage Year Reception

# Multi Skills Matrix



Stage	Recommended Sports	Year Group
PSS	<ul style="list-style-type: none"> <li>Specific Sports</li> <li>Team Sports</li> <li>School Sports Teams</li> </ul>	Upper Key Stage 2 Year 5 - 6
SSS	<ul style="list-style-type: none"> <li>Football</li> <li>Tag Rugby</li> <li>Rounders</li> <li>Athletics</li> <li>Netball</li> <li>Handball</li> </ul>	Upper Key Stage 2 Year 5 - 6
FSS	<ul style="list-style-type: none"> <li>Hockey</li> <li>Basketball</li> <li>Cricket</li> <li>Gymnastics</li> <li>Handball</li> <li>Football</li> </ul>	Lower Key Stage 2 Year 3 - 4
FMS	<ul style="list-style-type: none"> <li>Gymnastics</li> <li>Creative Movement</li> <li>Agility &amp; Travel</li> <li>Athletics</li> <li>Tennis</li> <li>Hockey</li> </ul>	Key Stage 1 Year 1 - 2
FOM	<ul style="list-style-type: none"> <li>Gymnastics</li> <li>Dance</li> <li>Creative Movement</li> <li>Games Activities</li> <li>Balance</li> <li>Co-ordination</li> </ul>	Foundation Stage Year Reception

**Creativity**

**Creativity**

1.  
Competence

Stamina

Strength

Skill

Suppleness

Speed

2.  
Confidence

3.  
Character

4.  
Connect

**Creativity**

# Initial Assessment

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## **Pass the Buck**

Children to make a circle holding hands (no more than 7, if possible have 2 or more groups competing against each other):

- Place a ball in a child's left hand
- They must pass the ball to their right hand
- Using their right hand they must pass the ball to the next person's left hand (working anti-clockwise)
- This is repeated until back to the beginning when all the children sit down
- A person must only use the on correct hand to send and receive i.e. they must not take the ball from the person's right hand with their right hand it must go
  - LEFT – RIGHT – LEFT – RIGHT etc.
- Repeat the game but start with the right hand and go clock-wise
- To make more difficult get them to pass the ball around their body before passing it to the next person

## **Circle Hoop**

Children to make a circle holding hands (no more than 7, if possible have 2 or more groups competing against each other):

- Children to hold hands at all times
- Place a hoop between two children's hands (continue to hold hands afterwards)
- Children must pass the hoop around the circle without breaking hands
- Children to send hoop clockwise and anticlockwise
- Make more difficult by adding another hoop

## **Cat Basket Relay**

Children to be in small teams one behind each other:

- One at a time, each child tries to send a coloured bean bag to the corresponding coloured basket
- Work as relay until all the beanbags have been used
- Allocate points for each colour
- To make more difficult space the coloured baskets and different distances

## **Send, Send,Send (Australian pack)**

- Teams to face each other each group has a scrunched up paper ball
- On a signal players send their paper ball over a line in the direction of the opposite team
- After a set period, balls are counted to see who has the least balls

## **Balls Hoops**

Spread the team out evenly between two hoops set at a reasonable distance. Children must be able to send a small tennis ball to each other but not so close as they can pass it, and not too far apart so as to make it too difficult to receive:

- Place a set number of balls in the first hoop with one child
- This child must send one ball at a time from child to child to the last hoop
- Winning team is the team with the most balls in the hoop or gets all of them in before the other teams

## **Relay Games**

- Correct running technique

## **Speed Gate (Australian Pack)**

- Send a ball through a gate (cones) to a wall or to a person in your team

## **Snakes Alive**

- The first ball rolled becomes the head of the snake
- Players deliver one ball at a time, aiming to place each ball behind the previous ball
- The aim is to form the longest snake

## **Target Relay**

- Gates are set up over a course
- Players in relay teams roll (send) the ball through the gates back to next team

## Skills for Life: Football - Key Stage 2 (Year 3 & 4) Mid Term Plan

Lesson No.	Learning Objectives	Expected Learning Outcomes
1	<ul style="list-style-type: none"> <li>To be able to keep control over the football when dribbling</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate how to dribble the football under control and keep possession of the ball</li> </ul>
2	<ul style="list-style-type: none"> <li>To be able to send &amp; receive a football with a partner under control</li> </ul>	<ul style="list-style-type: none"> <li>To focus on developing aiming to send the football towards a target and to receive the ball under control</li> </ul>
3	<ul style="list-style-type: none"> <li>Develop a range of skills that enable them to dribble, send and receive a football</li> </ul>	<ul style="list-style-type: none"> <li>To combine and improve the quality of their sending and receiving skills of a ball with their ability to link movement</li> </ul>
4	<ul style="list-style-type: none"> <li>Link movement of dribbling a football with sending and receiving a football within a team</li> </ul>	<ul style="list-style-type: none"> <li>Keep possession &amp; control of the football whilst dribbling</li> <li>Send and receive a football with control and accuracy to a team member</li> </ul>
5	<ul style="list-style-type: none"> <li>Send, receive and dribble with a football, whilst keeping control and possession when turning</li> </ul>	<ul style="list-style-type: none"> <li>Develop dribbling a football under control whilst changing direction towards a target</li> </ul>
6	<ul style="list-style-type: none"> <li>Working within a team task, dribbling and turning under control</li> </ul>	<ul style="list-style-type: none"> <li>To practice dribbling and turning skills in unopposed game situation</li> </ul>
7	<ul style="list-style-type: none"> <li>Use a range of speeds (slow – fast) dribbling the football with control and be aware of obstacles and other children</li> </ul>	<ul style="list-style-type: none"> <li>To concentrate on control and accuracy when dribbling with a football and be aware of the opposition</li> </ul>
8	<ul style="list-style-type: none"> <li>Keeping control when dribbling a football towards a goal to aim and shoot with accuracy</li> </ul>	<ul style="list-style-type: none"> <li>Improve the quality of their dribbling towards a target and link sending and receiving with shooting with accuracy</li> </ul>
9	<ul style="list-style-type: none"> <li>Combine receiving and dribbling a football under control unopposed and opposed to shoot accurately</li> </ul>	<ul style="list-style-type: none"> <li>Receive a football under control unopposed and opposed to turn and shoot on target with accuracy</li> </ul>
10	<ul style="list-style-type: none"> <li>Recognise how to use spacial awareness whilst dribbling a football under control</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate how to dribble a football under control into space whilst being opposed</li> </ul>
11	<ul style="list-style-type: none"> <li>To be able to dribble under control whilst maintaining possession of a football opposed</li> </ul>	<ul style="list-style-type: none"> <li>Ensure learner can dribble a football whilst keeping possession to send to a target whilst opposed</li> </ul>
12	<ul style="list-style-type: none"> <li>Improve their understanding of creating space to receive a football</li> <li>Recognise the correct time to intercept or tackle the opposition to gain possession of the ball</li> </ul>	<ul style="list-style-type: none"> <li>Identify when to intercept a pass and when to tackle the opposition to gain possession</li> <li>Recognise how to create space to receive a football to attack goal</li> </ul>



## Skills for Life: Football Lesson Plans (Lower Key Stage 2)

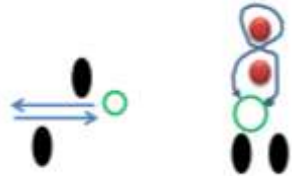
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<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	1
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility & Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>Make sure area is clean and dry</li> <li>Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>Cones (50 – 5x10 different colours)</li> <li>Football (x30)</li> <li>Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>To be able to keep control over the football when dribbling</li> <li>Demonstrate how to dribble the football under control and keep possession of the ball</li> </ul>

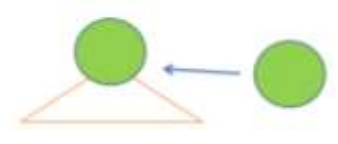
Lesson Content			Timings
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul>	<p>Travelling around the area implementing position 1 -3</p> <ul style="list-style-type: none"> <li>● Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Each child to have the following:</b></p> <ul style="list-style-type: none"> <li>● One football each</li> <li>● Each child to stand in position 3, using their hands roll the ball between their legs side to side under control</li> <li>● Then introduce each child top have two cones each laid out in front of them</li> <li>● The child to control the ball around the cones in a figure of 8 using any part of their foot</li> <li>● Then limit the children to what part of their foot to use <ul style="list-style-type: none"> <li>○ Inside foot</li> <li>○ Outside foot</li> <li>○ Sole</li> </ul> </li> </ul> 	<p><b>Progression</b></p> <ul style="list-style-type: none"> <li>● Child to move the ball side to side moving forwards using both feet to control the ball</li> <li>● Remember to look forwards to know where the children are going</li> <li>● Use peripheral vision</li> </ul> <p><b>When teacher calls out the buzz words children to react and perform action:</b></p> <ul style="list-style-type: none"> <li>● STOP – children to perform a controlled stop of the football</li> <li>● GO – using peripheral vision dribble football around the area</li> <li>● Inside – control the ball using only their inside foot</li> <li>● Outside – control the ball using only their outside foot</li> <li>● Turn – control the ball to turn and change direction</li> </ul> <p><b>Teaching pointers</b></p> <ul style="list-style-type: none"> <li>● Remember to use clear demonstrations of what is expected</li> <li>● Make one point, let children perform and stop them make the next point</li> <li>● At the end bring all children in together for a group demonstration</li> <li>● Highlight good practice</li> <li>● Ask children to evaluate each other for strengths and areas to improve</li> </ul>	30 minutes
<b>Cool Down</b>	<p>Slow dynamic stretches and movements</p> <ul style="list-style-type: none"> <li>● Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> </ul>	<p>Travelling around the area implementing position 1 -3</p> <ul style="list-style-type: none"> <li>● Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	2
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility & Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to send &amp; receive a football with a partner under control</li> <li>• To focus on developing aiming to send the football towards a target and to receive the ball under control</li> </ul>


Lesson Content			Timings
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> <ul style="list-style-type: none"> <li>● Add the following positions: <ul style="list-style-type: none"> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> <li>● Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Children to be placed into pairs</b></p> <ul style="list-style-type: none"> <li>● Children to have a football between two</li> <li>● Stand opposite each other in position 2</li> <li>● One child to roll the football along the floor to the other child – child to bend down on one knee and collect the football in their hands</li> <li>● Repeat until they can achieve</li> <li>● Progress to try and aim to hit left or right feet by rolling ball towards partner – one point for every time you hit the left or right foot</li> </ul> <p><b>Introduce the following</b></p> <ul style="list-style-type: none"> <li>● One football between two children</li> <li>● Children to stand in position 3 ready to receive, stand two steps opposite one another</li> <li>● Treat the football like an ‘egg’ if you hit it too hard it will crack and you will lose control</li> <li>● You will need to use the inside of their foot to send the football to their partner</li> <li>● One smooth fluent action</li> <li>● To receive the child will need to cushion the ball by slowing it down slowly and under control using the inside of their foot</li> </ul>	<p><b>Target Game 1</b></p> <ul style="list-style-type: none"> <li>● One football per child</li> <li>● One person to leave their foot on top of their ball and not move it</li> <li>● The other person to send their football to try and make contact with their partners football – take it in turns to send and be the target</li> <li>● If they hit the football they gain one point</li> <li>● If they miss the football the other person gains the point</li> <li>● Best of 3 games – first one to five points wins a game</li> </ul> <p><b>Target Game 2</b></p> <ul style="list-style-type: none"> <li>● Introduce a cone with a tennis ball or another football on top</li> <li>● Partners to be opposite one another with their football on the cone in the middle</li> <li>● The aim is to knock the ball off the cone</li> <li>● If you hit the cone you gain one point</li> <li>● If you knock the ball off the cone you gain five points</li> <li>● Best of 3 games – first to 15 points</li> </ul> <p><b>Teaching points</b></p> <ul style="list-style-type: none"> <li>● Feet position</li> <li>● Power of sending the football</li> <li>● Weight of the pass</li> </ul> 	30 minutes
<b>Cool Down</b>	<p>Slow dynamic stretches and movements</p> <ul style="list-style-type: none"> <li>● Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> <li>● Add the following positions: <ul style="list-style-type: none"> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> <li>● Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	3
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Balance/Coordination	Sending/Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Develop a range of skills that enable them to dribble, send and receive a football</li> <li>• To combine and improve the quality of their sending and receiving skills of a ball with their ability to link movement</li> </ul>

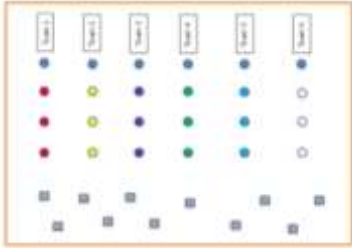
Lesson Content			Timings
<b>Warm Up</b>	Children to be explained the three positions below: <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>• Ways of travelling               <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Within a set area, place two cones of the same colour to create a gate to pass through</b></p> <ul style="list-style-type: none"> <li>• Each child to have a football to dribble around the area with under control</li> <li>• If they pass through a gate the children gain one point</li> <li>• If they hit either cone when passing through a gate they lose one point</li> <li>• Every child starts on ten points</li> <li>• Each child to now to stand in position 3, opposite a cone</li> <li>• Child to move the football past the cone and avoid hitting cone</li> <li>• Count how many cones they can avoid in one minute</li> <li>• Add or take time away depending on class ability</li> <li>• Challenge individuals who are excelling at this activity</li> </ul> <p><b>Children to be put in to pairs by the teacher</b></p> <ul style="list-style-type: none"> <li>• One ball between two children</li> <li>• Each child to send the ball to one another through the gate, if they receive the ball under control through the gate they gain one point together               <ul style="list-style-type: none"> <li>○ Start with rolling it on the floor using their hands</li> </ul> </li> <li>• If they hit a cone they lose one point</li> <li>• Each pair starts with ten points</li> <li>• Progress to using the inside of their feet (use the left foot first go and then use the right foot the second go and keep rotating turns)</li> </ul>	<p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• In pairs one child to stay at the gate with the ball</li> <li>• The other partner to travel around the area</li> <li>• When signalled by teacher the partner travelling around area will need to visit all gates in a set time to receive the football and send back to person they received it from and then move on to the next gate</li> <li>• Then swap so other partner can have a go to see how many gates they can visit in same time as their partner</li> <li>• Progress to a longer or shorter time period</li> <li>• Children cannot stay at the same gate and receive and send ball back</li> </ul> 	30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements Slow movements using the positions below: <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>• Ways of travelling               <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	4
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility/Coordination	Sending/Receiving/Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Link movement of dribbling a football with sending and receiving a football within a team</li> <li>• Keep possession &amp; control of the football whilst dribbling</li> <li>• Send and receive a football with control and accuracy to a team member</li> </ul>

Lesson Content		Timings	
<p><b>Warm Up</b></p>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p><b>Bib tag – spacial awareness task</b></p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	<p>5-7 minutes</p>
<p><b>Activities</b></p>	<p><b>Supermarket Sweep</b></p> <ul style="list-style-type: none"> <li>• Split the class in to six teams</li> <li>• Choose team leaders who are normally quite shy and quiet</li> <li>• Line up in teams lines (one behind each other)</li> <li>• When in team lines set up a colour cone to dribble to and around and return to team avoiding hitting the cone</li> <li>• One person at a time to complete, after all the team have completed this sit down in finish position</li> <li>• Then set up a line of cones to dribble in and out of and around the last cone and return to team (same as previous step) <ul style="list-style-type: none"> <li>○ Include conditions to use only inside or outside of their feet to dribble</li> </ul> </li> <li>• Add items to collect at the end of the line</li> <li>• Items can consist of the following <ul style="list-style-type: none"> <li>○ Bean bags – balance on head/neck</li> <li>○ Upside down cones – balance on head</li> <li>○ Quoits – balance on head</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Dribble football in and out of cones collect one item at a time If you hit an item on the way back or a cone then you return item collected and return to team for next team member to go</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Dribble in and out of cone and when child reaches the last cone, they must aim and send football to hit an item</li> <li>• The first item the child hits, they collect to take back</li> </ul> 	<p>30 minutes</p>
<p><b>Cool Down</b></p>	<p>Slow dynamic stretches and movements</p> <ul style="list-style-type: none"> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	<p>5 minutes</p>

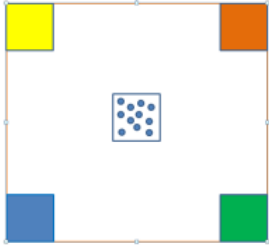


<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	5
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Send, receive and dribble with a football, whilst keeping control and possession when turning</li> <li>• Develop dribbling a football under control whilst changing direction towards a target</li> </ul>

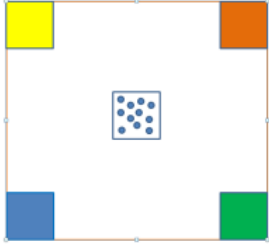
Lesson Content		Timings	
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p><b>Bib tag – spacial awareness task</b></p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<ul style="list-style-type: none"> <li>• Set up two areas with eight teams</li> <li>• One area with four of the teams wearing different colour bibs</li> <li>• Area in middle to contain footballs</li> <li>• One person at a time to jog safely and quickly to the middle of the square</li> <li>• Child to take one ball using their feet and turn around and dribble the football back to their team area and perform a controlled stop in team area</li> <li>• Next child can go and retrieve the next ball when ball in a controlled stop</li> <li>• Only one person at a time to leave team area to retrieve a football</li> </ul> 	<p><b>Progressions</b></p> <ul style="list-style-type: none"> <li>• When retrieving the ball <ul style="list-style-type: none"> <li>○ Foot on top of the ball and drag backwards, if drag back with right foot, then turn body right and dribble back to team area</li> <li>○ Inside hook turn – use the inside of your foot to hook/drag ball backwards</li> <li>○ Outside hook turn – use the outside of your foot to hook/drag ball backwards</li> </ul> </li> <li>• Children to return the ball one at a time with a controlled stop in the middle of the area to set up area ready for the next round</li> <li>• One ball per team, one person to dribble in middle area and stop the ball with control and retrieve one of the below items</li> <li>• Add bibs and cones to the area in the middle <ul style="list-style-type: none"> <li>○ Bibs worth = one point (bibs to be worn when dribbling back)</li> <li>○ Cones worth = two point (cones balanced on head when dribbling back)</li> </ul> </li> </ul>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>• Slow dynamic stretches and movements</li> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Travelling around the area implementing position 1 -5</li> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	6
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Working within a team task, dribbling and turning under control</li> <li>• To practice dribbling and turning skills in unopposed game situation</li> </ul>

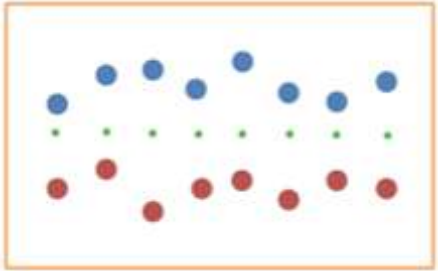
Lesson Content		Timings	
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<ul style="list-style-type: none"> <li>• Travelling around the area implementing position 1 -5</li> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<ul style="list-style-type: none"> <li>• Set up two areas with eight teams</li> <li>• One area with four of the teams wearing different colour bibs</li> <li>• Area in middle to contain footballs</li> <li>• One person at a time to jog safely and quickly to the middle of the square</li> <li>• Child to take one ball using their feet and turn around and dribble the football back to their team area and perform a controlled stop in team area</li> <li>• Next child can go and retrieve the next ball when ball in a controlled stop</li> <li>• Only one person at a time to leave team area to retrieve a football</li> </ul> 	<p><b>Progressions</b></p> <ul style="list-style-type: none"> <li>• When retrieving the ball <ul style="list-style-type: none"> <li>○ Foot on top of the ball and drag backwards, if drag back with right foot, then turn body right and dribble back to team area</li> <li>○ Inside hook turn – use the inside of your foot to hook/drag ball backwards</li> <li>○ Outside hook turn – use the outside of your foot to hook/drag ball backwards</li> </ul> </li> <li>• Children to return the ball one at a time with a controlled stop in the middle of the area to set up area ready for the next round</li> <li>• Once all the balls have been taken from the centre, children allowed to take the balls from the other team areas</li> <li>• One person only allowed to leave their team area</li> <li>• Other teams must allow other teams to take only one football at a time</li> <li>• The team with the most collected balls wins</li> <li>• Repeat 2-3 times</li> </ul>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>• Slow dynamic stretches and movements</li> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	7
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Use a range of speeds (slow – fast) dribbling the football with control and be aware of obstacles and other children</li> <li>• To concentrate on control and accuracy when dribbling with a football and be aware of the opposition</li> </ul>

Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Each child to have one football each:</b></p> <ul style="list-style-type: none"> <li>Child to control the football walking around the area</li> <li>When teacher can see children controlling the football           <ul style="list-style-type: none"> <li>Increase speed of movement (slow-fast)</li> <li>Add obstacles (cones to avoid)</li> <li>Add turns from last lesson when called out by teacher</li> </ul> </li> <li>Use inside and outside feet to control the football</li> <li>Soft&amp;gentle touches on the football with their feet to control the ball</li> <li>Work the ball in different directions           <ul style="list-style-type: none"> <li>Forwards</li> <li>Backwards</li> <li>Sideways</li> </ul> </li> </ul>	<p><b>Children to be placed into pairs</b></p> <ul style="list-style-type: none"> <li>Once they are placed into pairs the children will need one football and a tennis ball between the pair</li> <li>The tennis ball to be placed on a cone in-between the pair</li> <li>They start one step away from the ball on the cone</li> <li>They will send the football using the inside of their foot to send and hit the tennis ball of the cone</li> <li>If they hit the cone they take one step back</li> <li>If they hit the ball off the cone they take two steps back</li> <li>If they miss they take one step forwards</li> <li>Allow a time limit for this activity</li> </ul> <p><b>Focus on the following</b></p> <ul style="list-style-type: none"> <li>Feet positioning</li> <li>Correct technique of striking the football</li> <li>Weight of sending the football (the further the child is away from the target the more power in sending the ball to the target is required)</li> <li>Which area of the football (bottom/middle/top) to strike</li> </ul> 	30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	8
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Keeping control when dribbling a football towards a goal to aim and shoot with accuracy</li> <li>• Improve the quality of their dribbling towards a target and link sending and receiving with shooting with accuracy</li> </ul>

Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Set up 3-4 small sided football pitches with a netted goal at each end</b></p> <ul style="list-style-type: none"> <li>Each child to have a football each</li> <li>Two lines, one line in one corner and the other line in the adjacent corner</li> <li>One person at a time to pass to green bib and jog out</li> <li>Green bib to send football back to them when they reach a distance near green bib</li> <li>Then dribble football and shoot at the goal</li> <li>After turn join the nearest line and do not re-join the line that the child has just come from with football</li> <li>Work on using the inside foot to shoot – this is for aiming to shoot</li> <li>Work next on striking the ball with laces – this is for shooting with power</li> <li>After everyone has had 2-3 attempts introduce a goal keeper to oppose the shot in goal</li> <li>Progress to green bib as an attacking player</li> <li>Green bib only allowed to send the ball to player not shoot</li> <li>Rotate green bib every few attempts</li> </ul>		30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

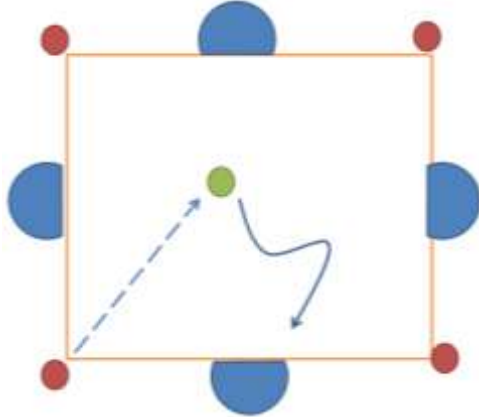


<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	9
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Combine receiving and dribbling a football under control unopposed and opposed to shoot accurately</li> <li>• Receive a football under control unopposed and opposed to turn and shoot on target with accuracy</li> </ul>

Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Children to be placed into groups of 5</b></p> <ul style="list-style-type: none"> <li>Each child to have a football</li> <li>One child to wear a green bib and stand in middle of set area without a football</li> <li>The other four children to wear four red bibs and stand in the corners of the set area</li> <li>Set up goals or targets for green bib to strike towards</li> <li>Red bibs are to send the football when the green bib communicated to receive the football from that specific child – make sure children are using names of one another to communicate effectively</li> <li>When green bib has received the football under control they are allowed to attack and shoot in any goal</li> <li>After four attempts swap children around</li> <li>Each child to have 2-3 attempts in the middle at receiving and dribbling towards a goal to shoot</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>Introduce a defender so that the green bib will have to receive the football opposed and under pressure</li> <li>Limit defender to tackle or only intercept</li> <li>Introduce two green bibs and only one defender in the middle with four red bibs serving the football in</li> </ul>		30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	10
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Recognise how to use spacial awareness whilst dribbling a football under control</li> <li>• Demonstrate how to dribble a football under control into space whilst being opposed</li> </ul>

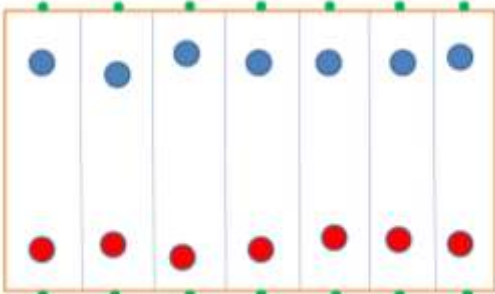
Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<b>Bib tag – spacial awareness task</b> <ul style="list-style-type: none"> <li>Introduce 8 bib taggers in a class of 30 children</li> <li>Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel (walk/skip/jog/side step etc.)</li> <li>The taggers will hold a bib scrunched up in a ball</li> <li>Teacher to condition tagging area (legs/arms/feet/knees etc.) – no tagging to head area</li> <li>Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger               <ul style="list-style-type: none"> <li>The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>Continue and add or take away more taggers depending on children’s perceptions</li> </ul> Introduce children to dribble with football playing the above challenge <ul style="list-style-type: none"> <li>Involve taggers to tag either their football or leg</li> </ul>	<b>Progression</b> <ul style="list-style-type: none"> <li>All children to have a football each</li> <li>Select 6 children to be mud monsters (taggers)</li> <li>Each tagger will need to be wearing a bright coloured bib to be clearly seen by all children</li> <li>All children to be dribbling their football around under control and be aware of the following:               <ul style="list-style-type: none"> <li>Other children</li> <li>Their football and others footballs</li> <li>Space where there are people and space where there aren’t people</li> </ul> </li> <li>Introduce one tagger at a time – the tagger must tag the children’s arms and must say ‘stuck’</li> <li>If a child is stuck they must stand in position 2, with their ball on their head holding it in place</li> <li>To become free other children dribbling must send the ball through the stuck child’s legs</li> <li>If a ball goes through the stuck child’s legs then they are free and can continue to dribble around the area using their feet to control the ball</li> </ul>	30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	11
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to dribble under control whilst maintaining possession of a football opposed</li> <li>• Ensure learner can dribble a football whilst keeping possession to send to a target whilst opposed</li> </ul>

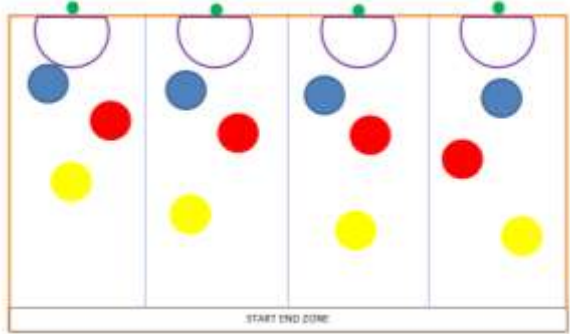
Lesson Content		Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Set an area up and then divide it in to sections for 1 vs. 1 situations</p> <ul style="list-style-type: none"> <li>Put children into pairs and give them an area to work within</li> <li>Each child will need one football between two</li> <li>One child to start with the ball and try and get passed their other partner and send the football to knock the tennis ball off the cone at their partners end</li> <li>If their partner tackles and steals the ball they try and dribble &amp; send the football to knock off their partners tennis ball off the cone down their end</li> <li>The objective is to knock off their partners ball at their end to score a goal</li> <li>First to three goals wins a game</li> <li>Their partner needs to stop them best they can without injuring their opponent</li> <li>Progress to 2 vs. 2 situations, by taking out one coned line to create a larger area and keep all the balls where they are at each end zone to create more targets to score goals</li> </ul>		30 minutes
<b>Cool Down</b>	<p>Slow dynamic stretches and movements</p> <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	12
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Improve their understanding of creating space to receive a football</li> <li>• Recognise the correct time to intercept or tackle the opposition to gain possession of the ball</li> <li>• Identify when to intercept a pass and when to tackle the opposition to gain possession</li> <li>• Recognise how to create space to receive a football to attack goal</li> </ul>

Lesson Content			Timings
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p><b>Bib tag – spacial awareness task</b></p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Place children into groups of three</b></p> <ul style="list-style-type: none"> <li>• Have a large soft ball between three children</li> <li>• One child to be person in middle</li> <li>• Other children allowed to move around the area, they must keep ball away from child in middle using their hands to send and receive</li> <li>• The child in middle must get the ball, if they do intercept the ball, they swap with the child who they intercepted it from</li> </ul> <p>Introduce the football and bib the teams up with three different colours (one red, one blue and one yellow)</p> <ul style="list-style-type: none"> <li>• Give children a set area shown in diagram</li> <li>• Red &amp; Yellow start with football in start zone and blue bib will need to defend their tennis ball without going into semi-circle in front of ball</li> <li>• Swap the defensive role around every turn (red will become defender next then yellow after and keep rotating)</li> <li>• Work on defender being aware of the goal (the ball they are defending) and where both attackers are – when &amp; where to send/receive/shoot/dribble</li> <li>• Can the defender intercept a pass? Can the defender close down an attacker early or do they wait?</li> </ul>		30 minutes
<b>Cool Down</b>	<p>Slow dynamic stretches and movements</p> <ul style="list-style-type: none"> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes



## Skills for Life: Hockey - Key Stage 2 (Year 5&6) Mid Term Plan

Lesson No.	Learning Objectives	Expected Learning Outcomes
1	<ul style="list-style-type: none"> <li>Gain an understanding of controlling a football at different speeds (slow – fast) with confidence</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate dribbling a football accurately under control at varied speeds (slow – fast)</li> </ul>
2	<ul style="list-style-type: none"> <li>Send, receive and dribble a football, whilst keeping control and possession whilst turning</li> </ul>	<ul style="list-style-type: none"> <li>Develop dribbling a football under control whilst changing direction towards a target</li> </ul>
3	<ul style="list-style-type: none"> <li>To concentrate on control and accuracy when dribbling with a football and be aware of the opposition</li> </ul>	<ul style="list-style-type: none"> <li>Use a range of speeds (slow – fast) dribbling the football and be aware of obstacles and other children</li> </ul>
4	<ul style="list-style-type: none"> <li>To be able to send &amp; receive a football with a partner under control</li> </ul>	<ul style="list-style-type: none"> <li>To focus on developing aiming to send a football towards a target and to receive the ball under control</li> </ul>
5	<ul style="list-style-type: none"> <li>Achieve a controlled dribbling technique whilst being able to create space to send and receive a football</li> </ul>	<ul style="list-style-type: none"> <li>Recognise a space to dribble into and use control to send and receive a football</li> </ul>
6	<ul style="list-style-type: none"> <li>Understand the technique to dribble under control with linking sending the football towards a target</li> </ul>	<ul style="list-style-type: none"> <li>To be able to dribble a football with control and spacial awareness to send the ball towards a target</li> </ul>
7	<ul style="list-style-type: none"> <li>Link movement of dribbling a football with sending and receiving a ball with a team</li> </ul>	<ul style="list-style-type: none"> <li>Keep possession of the football whilst dribbling</li> <li>Send and receive a football with control and accuracy to a team member</li> </ul>
8	<ul style="list-style-type: none"> <li>To be able to dribble under control whilst maintaining possession of a football opposed</li> </ul>	<ul style="list-style-type: none"> <li>Ensure learners can dribble a football whilst keeping possession to send to a target whilst opposed</li> </ul>
9	<ul style="list-style-type: none"> <li>Improve their understanding of creating space to receive a football</li> <li>Recognise the correct time to intercept or tackle the opposition to gain possession of the football</li> </ul>	<ul style="list-style-type: none"> <li>Identify when to intercept a pass and when to tackle the opposition to gain possession</li> <li>Recognise how to create space to receive a football to attack goal</li> </ul>
10	<ul style="list-style-type: none"> <li>Create space to receive the football unopposed and opposed with key focus on receiving the football under control</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate dribbling and sending the football under control as a team ensuring creating space to receive the football</li> </ul>
11	<ul style="list-style-type: none"> <li>Show an understanding of moving to screen the opposition from receiving the football</li> </ul>	<ul style="list-style-type: none"> <li>Recognise the opportunity to intercept a pass and shield the opposition from creating space</li> </ul>
12	<ul style="list-style-type: none"> <li>Understand how to create space away from opposition to receive a football</li> </ul>	<ul style="list-style-type: none"> <li>Using body movement to create space away from the opposition to receive the football</li> </ul>

## Skills for Life: Hockey Lesson Plans (Upper Key Stage 2)

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	1
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility & Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Gain an understanding of controlling a football at different speeds (slow – fast) with confidence</li> <li>• Demonstrate dribbling a football accurately under control at varied speeds (slow – fast)</li> </ul>

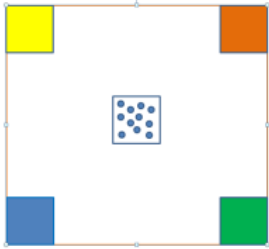
Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -3</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<ul style="list-style-type: none"> <li>Every child to have one football each</li> <li>Children to find a space and stand in position 1</li> <li>Children to walk around area with football in their hands               <ul style="list-style-type: none"> <li>If children walking with control and are aware of others then they can progress to football at their feet</li> <li>Children to use their feet to control the ball when walking around the area</li> </ul> </li> <li>Emphasis on using both sides of their feet (inside/outside foot) when controlling the ball</li> <li>Using peripheral vision (head looking forward and know where the football is)</li> <li>Focus on using the inside foot first on left foot then progress to inside right foot</li> <li>If they are able to do inside then challenge them with outside of the foot controlling the football</li> </ul>	<ul style="list-style-type: none"> <li>Teaching Points for session               <ul style="list-style-type: none"> <li>Slow and steady controlling the ball at walking pace</li> <li>When a blue cone is held up – turn and change direction</li> <li>When a red cone is held up children to perform a controlled stop of the ball</li> <li>Green cone will equal start to dribble again when held up</li> </ul> </li> <li>Position some cones upside down around the area</li> <li>Children to avoid cones, if child hits cone with their football they lose one point, every child starts with ten points</li> <li>Introduce 8 children wearing a bright coloured bib to become a defender, they will put a small amount of pressure on the other children dribbling with a football for 5 seconds and move on to another person               <ul style="list-style-type: none"> <li>Bibbed defenders to not touch the football, just to pressure opponent</li> <li>Remember to rotate defending children around</li> </ul> </li> <li>Children need to be aware of space, defender, cones (working on spacial awareness unopposed and opposed)</li> </ul>	30 minutes
<b>Cool Down</b>	<p>Slow dynamic stretches and movements</p> <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> </ul>	<p>Travelling around the area implementing position 1 -3</p> <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	2
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility & Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Send, receive and dribble a football, whilst keeping control and possession whilst turning</li> <li>• Develop dribbling a football under control whilst changing direction towards a target</li> </ul>


Lesson Content		Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> <li>Add the following positions:               <ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<ul style="list-style-type: none"> <li>Set up two areas with eight teams</li> <li>One area with four of the teams wearing different colour bibs</li> <li>Area in middle to contain footballs</li> <li>One person at a time to jog safely and quickly to the middle of the square</li> <li>Child to take one ball using their feet and turn around and dribble the football back to their team area and perform a controlled stop in team area</li> <li>Next child can go and retrieve the next ball when ball in a controlled stop</li> <li>Only one person at a time to leave team area to retrieve a football</li> </ul> 	<b>Progressions</b> <ul style="list-style-type: none"> <li>When retrieving the ball               <ul style="list-style-type: none"> <li>Foot on top of the ball and drag backwards, if drag back with right foot, then turn body right and dribble back to team area</li> <li>Inside hook turn – use the inside of your foot to hook/drag ball backwards</li> <li>Outside hook turn – use the outside of your foot to hook/drag ball backwards</li> </ul> </li> <li>Children to return the ball one at a time with a controlled stop in the middle of the area to set up area ready for the next round</li> <li>One ball per team, one person to dribble in middle area and stop the ball with control and retrieve one of the below items</li> <li>Add bibs and cones to the area in the middle               <ul style="list-style-type: none"> <li>Bibs worth = one point (bibs to be worn when dribbling back)</li> <li>Cones worth = two point (cones balanced on head when dribbling back)</li> </ul> </li> </ul>	30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> <li>Add the following positions:               <ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	3
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Balance/Coordination	Sending/Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To concentrate on control and accuracy when dribbling with a football and be aware of the opposition</li> <li>• Use a range of speeds (slow – fast) dribbling the football and be aware of obstacles and other children</li> </ul>

Lesson Content			Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes	
<b>Activities</b>	Each child to have one football ball <ul style="list-style-type: none"> <li>Child to control the football walking around the area using the inside/outside of their feet</li> <li>When teacher can see children controlling the football               <ul style="list-style-type: none"> <li>Increase speed of movement (slow-fast)</li> <li>Add obstacles (cones to avoid)</li> <li>Add turns from last lesson</li> </ul> </li> <li>Soft and gentle touches on the football working the football in different directions               <ul style="list-style-type: none"> <li>Forwards</li> <li>Backwards</li> <li>Sideways</li> </ul> </li> </ul>	Split the class in to four groups <ul style="list-style-type: none"> <li>Then each group in half and given a colour bib to wear</li> <li>One half of the team to stand one side of the area in their box and the other team to stand opposite in same colour team box               <ul style="list-style-type: none"> <li>One football per colour team</li> </ul> </li> <li>One team member will leave the box controlling the ball towards the other team</li> <li>When they pass the central dotted line they have to control in a different direction towards other team               <ul style="list-style-type: none"> <li>For example = dribble forwards up to central line and then dribble backwards to other team</li> </ul> </li> <li>When you have got to other team that is same colour to you, perform a controlled stop of the football and first person in their team does exactly the same back to their group until all team members are in the opposite box</li> <li>First few goes to practice – add obstacles (cones) to avoid, gain points if you pass them, lose points if you hit them</li> <li>Introduce a relay event towards the end if children showing a good level of control</li> </ul>		30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes	

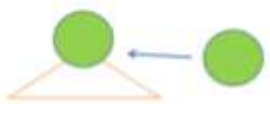
<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	4
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility/Coordination	Sending/Receiving/Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to send &amp; receive a football with a partner under control</li> <li>• To focus on developing aiming to send a football towards a target and to receive the ball under control</li> </ul>




Lesson Content		Timings	
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p><b>Bib tag – spacial awareness task</b></p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Children to be placed into pairs</b></p> <ul style="list-style-type: none"> <li>• Children to have a football between two</li> <li>• Stand opposite each other in position 2</li> <li>• One child to roll the football along the floor to the other child – child to bend down on one knee and collect the football in their hands</li> <li>• Repeat until they can achieve</li> <li>• Progress to try and aim to hit left or right feet by rolling ball towards partner – one point for every time you hit the left or right foot</li> </ul> <p><b>Introduce the following</b></p> <ul style="list-style-type: none"> <li>• One football between two children</li> <li>• Children to stand in position 3 ready to receive, stand two steps opposite one another</li> <li>• Treat the football like an ‘egg’ if you hit it to hard it will crack and you will lose control</li> <li>• You will need to use the inside of their foot to send the football to their partner</li> <li>• One smooth fluent action</li> <li>• To receive the child will need to cushion the ball by slowing it down slowly and under control using the inside of their foot</li> </ul>	<p><b>Target Game 1</b></p> <ul style="list-style-type: none"> <li>• One football per child</li> <li>• One person to leave their foot on top of their ball and not move it</li> <li>• The other person to send their football to try and make contact with their partners football – take it in turns to send and be the target</li> <li>• If they hit the football they gain one point</li> <li>• If they miss the football the other person gains the point</li> <li>• Best of 3 games – first one to five points wins a game</li> </ul> <p><b>Target Game 2</b></p> <ul style="list-style-type: none"> <li>• Introduce a cone with a tennis ball or another football on top</li> <li>• Partners to be opposite one another with their football on the cone in the middle</li> <li>• The aim is to knock the ball off the cone</li> <li>• If you hit the cone you gain one point</li> <li>• If you knock the ball off the cone you gain five points</li> <li>• Best of 3 games – first to 15 points</li> </ul> <p><b>Teaching points</b></p> <ul style="list-style-type: none"> <li>• Feet position</li> <li>• Power of sending the football</li> <li>• Weight of the pass</li> </ul> 	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>• Slow dynamic stretches and movements</li> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Travelling around the area implementing position 1 -5</li> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	5
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Achieve a controlled dribbling technique whilst being able to create space to send and receive a football</li> <li>• Recognise a space to dribble into and use control to send and receive a football</li> </ul>

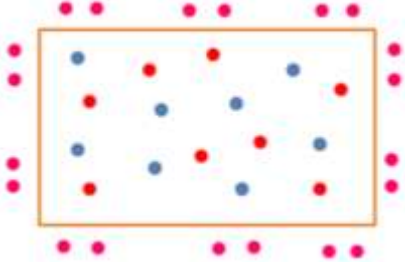
Lesson Content			Timings
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Bib tag – spacial awareness task</p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Within a set area, place two cone of the same colour to create a gate to pass through</p> <ul style="list-style-type: none"> <li>• Each child to have a football to dribble around the set area</li> <li>• If they pass through a gate the children gain one point</li> <li>• If they hit either cone when passing through a gate they lose one point</li> <li>• Every child starts on ten points</li> </ul> <p>Children to be put in to pairs by the teacher</p> <ul style="list-style-type: none"> <li>• One football between two children</li> <li>• Each child to send the ball to one another through the gate, if they pass through the gate they gain one point together</li> <li>• If they hit a cone they lose one point</li> <li>• Each pair starts with ten points</li> <li>• Give them a set time limit to see how many points they can achieve together</li> </ul> 	<p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• In pairs one child to stay at the gate with the football</li> <li>• The other partner to travel around the area</li> <li>• When signalled by teacher the partner travelling around area will need to visit all gates in a set time to receive the football and send back to person they received it from and then move on to the next gate</li> <li>• Then swap so other partner can have a go to see how many gate they can visit in same time as their partner</li> <li>• Progress to a longer or shorter time period</li> <li>• Children cannot stay at the same gate and receive and send ball back</li> <li>• Progress again to both partners travelling around the area</li> <li>• One with the ball and one without the ball</li> <li>• The one without the ball will need to find an empty gate and the other to follow and send the ball to their partner through the gate</li> <li>• After partner received they dribble around the area and partner who sent the ball finds an empty gate to receive the ball back again</li> <li>• Continue to see how many gates can be achieved, but remember not to stay at the same gate, all gates must be visited</li> </ul>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>• Slow dynamic stretches and movements</li> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Travelling around the area implementing position 1 -5</li> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	6
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Understand the technique to dribble under control with linking sending the football towards a target</li> <li>• To be able to dribble a football with control and spacial awareness to send the ball towards a target</li> </ul>


Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	In a set area place some blue & red cones at random in and around the area <ul style="list-style-type: none"> <li>Children to have one football each</li> <li>Dribbling around the area using left foot and right foot at different times to control the football</li> <li>Children to avoid red and blue cones</li> <li>If they pass a cone without hitting it then they gain one point</li> <li>If they hit a cone then they start back on zero points</li> </ul> Teacher to call out the different buzz words and children to perform the following: <ul style="list-style-type: none"> <li>CONTROL = stop the ball under control next to a red cone</li> <li>ROUNDAABOUT = go around the blue cone like a roundabout once</li> <li>DRIBBLE = dribble past two red cones and two blue cones</li> <li>SHOOT = around the area there are pink cones on the outside of the area, children to aim to send their football in between pink cones</li> </ul> Inform children if they complete each of the above instructions they gain one point for each task completed		30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	7
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Link movement of dribbling a football with sending and receiving a ball with a team</li> <li>• Keep possession of the football whilst dribbling</li> <li>• Send and receive a football with control and accuracy to a team member</li> </ul>

Lesson Content		Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Supermarket Sweep</b></p> <ul style="list-style-type: none"> <li>Split the class in to six teams</li> <li>Choose team leaders who are normally quite shy and quiet</li> <li>Line up in teams lines (one behind each other)</li> <li>When in team lines set up a line of cones and items to collect at the end of the line</li> <li>Items can consist of the following           <ul style="list-style-type: none"> <li>Bean bags – balance on head/neck</li> <li>Upside down cones – balance on head</li> <li>Quoits – balance on head</li> </ul> </li> <li>Run in and out of cones collect one item at a time</li> <li>If you hit an item on the way back or a cone then you return item collected and return to team for next team member to go</li> <li>Repeat a few times and then introduce a football with the above task</li> </ul>	<p><b>Progression</b></p> <ul style="list-style-type: none"> <li>Dribble the football in and out of cone and when the child reaches the last cone, they must aim and send the ball to hit an item</li> <li>The first item the child hits they collect to take back</li> <li>Add that different items means different points</li> <li>Add that only certain colour items equals certain amount of points</li> <li>Introduce two defenders at the end of the cones to protect the items, if tagged by defender you return the item and return to team and send next team member</li> </ul> 	30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

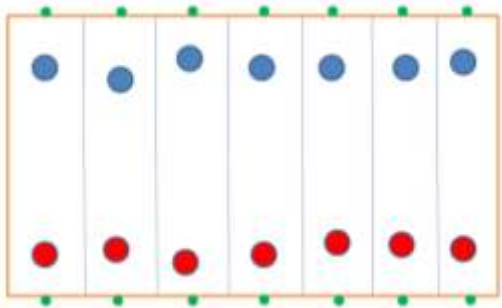
<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	8
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to dribble under control whilst maintaining possession of a football opposed</li> <li>• Ensure learners can dribble a football whilst keeping possession to send to a target whilst opposed</li> </ul>



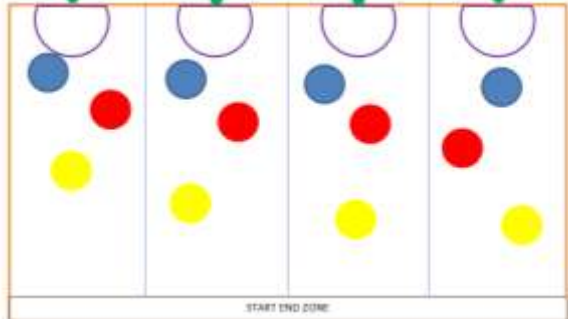
Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	Set an area up and then divide it in to sections for 1 vs. 1 situations <ul style="list-style-type: none"> <li>Put children into pairs and give them an area to work within</li> <li>Each child will need one football between two</li> <li>One child to start with the ball and try and get passed their other partner and send the football to knock the tennis ball off the cone at their partners end</li> <li>If their partner tackles and steals the ball they try and dribble &amp; send the football to knock off their partners tennis ball off the cone down their end</li> <li>The objective is to knock off their partners ball at their end to score a goal</li> <li>First to three goals wins a game</li> <li>Their partner needs to stop them best they can without injuring their opponent</li> <li>Progress to 2 vs. 2 situations, by taking out one coned line to create a larger area and keep all the balls where they are at each end zone to create more targets to score goals</li> </ul>		30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	9
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Improve their understanding of creating space to receive a football</li> <li>• Recognise the correct time to intercept or tackle the opposition to gain possession of the football</li> <li>• Identify when to intercept a pass and when to tackle the opposition to gain possession</li> <li>• Recognise how to create space to receive a football to attack goal</li> </ul>

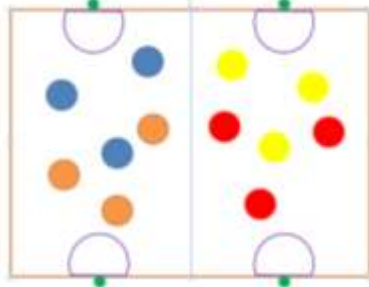
Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Place children into groups of three</b></p> <ul style="list-style-type: none"> <li>Have a large soft ball between three children</li> <li>One child to be person in middle</li> <li>Other children allowed to move around the area, they must keep ball away from child in middle using their hands to send and receive</li> <li>The child in middle must get the ball, if they do intercept the ball, they swap with the child who they intercepted it from</li> </ul> <p>Introduce the football and bib the teams up with three different colours (one red, one blue and one yellow)</p> <ul style="list-style-type: none"> <li>Give children a set area shown in diagram</li> <li>Red &amp; Yellow start with football in start zone and blue bib will need to defend their tennis ball without going into semi-circle in front of ball</li> <li>Swap the defensive role around every turn (red will become defender next then yellow after and keep rotating)</li> <li>Work on defender being aware of the goal (the ball they are defending) and where both attackers are – when &amp; where to send/receive/shoot/dribble</li> <li>Can the defender intercept a pass? Can the defender close down an attacker early or do they wait?</li> </ul>		30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	10
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Create space to receive the football unopposed and opposed with key focus on receiving the football under control</li> <li>• Demonstrate dribbling and sending the football under control as a team ensuring creating space to receive the football</li> </ul>

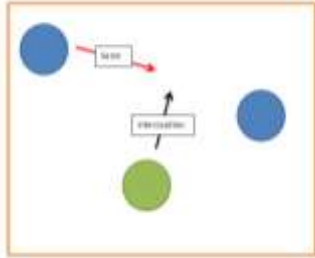
Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Teacher to place children into teams of three</b></p> <ul style="list-style-type: none"> <li>In their teams, send and receiving a large soft sponge ball around the area set out using their hands</li> <li>Introduce rolling, bounce pass, chest pass and under/over arm throw</li> <li>Ask one child to be in the middle to try and intercept and predict to receive the ball before other team members</li> <li>Repeat above practice with football along the floor using their feet</li> </ul> <p><b>3 vs. 3 practice</b></p> <ul style="list-style-type: none"> <li>Two teams of 3's will play against each other in a game scenario</li> <li>Each team will be allowed to attack the oppositions goal area (the tennis ball on a cone) unopposed and then the other team will do the same</li> <li>Progress to using a netted football goal</li> <li>After three practice for each team they will play against each other opposed</li> <li>Introduce rules if necessary and stop all games to explain them to the whole of the class as an example</li> </ul>		30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	11
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Show an understanding of moving to screen the opposition from receiving the football</li> <li>• Recognise the opportunity to intercept a pass and shield the opposition from creating space</li> </ul>

Lesson Content		Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Children to be placed into groups of three</b></p> <p>Sending &amp; receiving the football to each other using their feet along the floor</p> <ul style="list-style-type: none"> <li>After they have sent the football they follow their pass and stand where the person they passed was (keep moving, sending &amp; receiving the football)</li> </ul> <p>Afterwards they will be given an squared area to practice intercepting the football</p> <ul style="list-style-type: none"> <li>All three in a group must stay inside their square</li> <li>Two players wearing same bib colour with another player wearing a different bib colour</li> <li>In the diagram; two blue bibs keep possession and green bib must try and intercept the ball being passed.</li> <li>The green bib is not allowed to tackle at first, after a every child having a turn at being the defender they then are allowed to tackle as well as intercept the football</li> </ul> <p>Then create a group of four children (two blue bibs and two green bibs)</p> <ul style="list-style-type: none"> <li>They must keep possession as long as they can</li> <li>If blue bibs have possession, green bibs will need to tackle to gain possession and keep possession as long as they can</li> </ul>	Progress to having five children in a group; three keeping possession and two children trying to intercept and tackle  <p>Introduce a points system to keep track of any scores or amount of interception or passes</p>	30 minutes
<b>Cool Down</b>	Slow dynamic stretches and movements <ul style="list-style-type: none"> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 <ul style="list-style-type: none"> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes


<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	12
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Football (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Understand how to create space away from opposition to receive a football</li> <li>• Using body movement to create space away from the opposition to receive the football</li> </ul>



Lesson Content		Timings	
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p><b>Bib tag – spacial awareness task</b></p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<p><b>Teacher to place children into teams of three</b></p> <ul style="list-style-type: none"> <li>• In their teams, send and receiving a large soft sponge ball around the area set out using their hands</li> <li>• Introduce rolling, bounce pass, chest pass and under/over arm throw</li> <li>• Ask one child to be in the middle to try and intercept and predict to receive the ball before other team members</li> </ul> <p><b>Repeat above practice with a football using their feet on the floor</b></p> <ul style="list-style-type: none"> <li>• Place children in three different colour bibs</li> <li>• Green bib to start as a server who sends the football to the red bib and the blue bib is acting as the defender</li> <li>• The red bib needs to work on creative movement to get away from the blue bib to receive the football</li> <li>• Red bib will need to work on body movement and communication with green bib of when to send &amp; receive the football</li> <li>• Rotate roles around after three goes each</li> </ul>	<p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• After red bib has worked on creative movement to receive the football</li> <li>• The red bib can start to think about attacking the purple end zone to score points</li> <li>• If the blue bib intercepts or tackles they need to try and send the football to the green bib to score</li> </ul> 	30 minutes
<b>Cool Down</b>	<p>Slow dynamic stretches and movements</p> <ul style="list-style-type: none"> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes

