



Medium Term Unit Planning

Topic Name: Football	
Learning outcome: The children will develop their dribbling, attacking and defending skills throughout this unit of work. The children will be able to apply these in a competitive game situation successfully and evaluate their performance. As the unit progresses, the children will begin to consider how to outwit their opponent.	
Hook: Watching videos of greatest football world records.	Topic Showcase (e.g. display, museum, performance, presentation): Football year group tournament.
Oracy: Developing sports commentary and feedback when performing.	Key Vocabulary: Attack, defend, dribble, dragback.
Key Texts (whole class reading/end of the day book/Talk for Writing Texts etc.): Under review	
Citizenship/Community Opportunities (Focus – change in attitude/increase knowledge and awareness/make a difference): Opportunities to lead football session with younger children at break/lunchtimes.	
Experiences/Visits/Visitors: Direct Sports coach	
Main subjects covered: PE	



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PE threshold concepts:

Develop practical skills in order to participate, compete and lead a healthy lifestyle

This concept involves learning a range of physical movements and sporting techniques.

Notes:

This scheme of work will be structured around football, developing the skills involved leading up to a game.

Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
<p>1. To develop the dribbling technique.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p>	<p>Warm up: practice ball skills, dribbling around area, alternate between big and small touches with both feet. Challenge 1: count how many touches in a minute. Challenge 2: earn a point per touch, minus points if children bump into someone. Challenge 3: if children bump into someone they sit down and are out until time ends. Challenge 4: players can free frozen players by dribbling to them and</p>



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		<p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a good role model within a team.</p>	<p>stopping. Play matches of 5 v 5 each team with substitutes who rotate. Encourage the dribbling skill slowly introducing rules of the match.</p>
<p>2. To develop the dribbling technique using all parts of the foot.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p>	<p>Warm up: practice ball skills, each player dribbles a ball around using their left and right foot, both on the inside and outside of their feet. Play mini football matches of 4 v 4 with a goal keeper slowly introducing rules of the match.</p>



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		<p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a good role model within a team.</p>	
<p>3. To develop the dribbling technique with aerial control.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p>	<p>Warm up: players dribble around, ball thrown in the air for pupils to control using foot, thigh etc. Divide the children into 2 groups. In each group, half have a ball in hands, half without. Players without a ball, run</p>



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		<p>Work alone, or with team mates in order to gain points or possession.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a good role model within a team.</p>	<p>to players with the ball and receive out of the air and play the ball back to them, they find another player and repeat. Progression 1: receive off one player, dribble and pass to another. Progression 2: add defenders to challenge. Divide players into 4 equal teams for mini matches of 4 v 4. Players pass using their hands first. Progression 1: players pass with hands but control with feet.</p>
<p>5. To develop the skill of running with the ball.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<p>Choose and combine techniques in game situations (running, throwing, catching,</p>	<p>Warm up: set players into lanes with 3-4 players per group, first player with the football. Players dribble to</p>



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	<p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a good role model within a team.</p>	<p>opposite end of their lane, lay the ball off and join the back of the line. Challenge 1: players now attempt the same exercise but fewer touches between cones. Challenge 2: encourage bigger touches and children race. Move onto a chasing defender, now when you lay the ball off to the next person in the group pupils must touch the cone and chase the person back and repeat. Play mini football matches of 4 v 4 with a goal keeper slowly introducing rules of the match.</p>
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<p>6. To develop the skills of dribbling and turning with the ball.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p>	<p>Warm up: children are divided into small groups for 4v4. Players score by dribbling into the end zones in control. Play King/Queen of the Castle. 'Knights' must dribble into a castle and back out to get a point, encouraging use of turns and skills. 'Kings and queens' defend their Castle by kicking the balls away from the 'knights'</p> <p>Progression: if King/Queen gets you, you lose a point. Children to play mini matches. Children are divided into groups for 4v4.</p>
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		Lead others when called upon and act as a good role model within a team.	
7. To develop the skills of dribbling and dragback turning.	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p>	<p>Warm up: children to dribble around randomly placed cones. Players then dribble to a cone, perform a turn/dragback and turn away. Progression: how many turns in a minute/first to 10 cones and sit down etc. Players in pairs facing each other with a cone in the middle. Players dribble to the middle, perform a turn/dragback and dribble back to cone. Progression: players dribble to the middle and race each other to get back to their cone first. Children to partake in ladder competition where they</p>



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		<p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a good role model within a team.</p>	<p>play their partner for 1 minute. At the end of a minute, whoever has won moves up the ladder, whoever lost moves down the ladder.</p>
<p>8. To develop the skills of dribbling and dragback turning.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p>	<p>Warm up: children to dribble a ball using their right foot. Left foot, inside and outside of their feet. They are to dribble up to others and turn away. Children are divided into pairs, dribble their ball to the middle and perform a dragback turn at the cone and dribble back to their cone. Progression: turn into races vs your partner. Progression 2: ladder tournament. Children to</p>



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<p>9. To develop the skills of attacking and defending.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p>	<p>Warm up: children have a ball each dribbling around. They dribble to a cone, drop their shoulder and accelerate away from cone. Children to practise this with both feet. Children to dribble to other players, drop their shoulder and dribble away. Defenders are added in who attempt to block their path.</p>



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<p>10. To develop the skills of attacking and defending</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p>	<p>Warm up: player 1 passes to player 2 who takes a touch to either cone. Player 1 then goes to the opposite cone to get ready to start again. Repeat with players choosing which cone they want to go to. Progression:</p>



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<p>11. To develop the skills of attacking and defending</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<p>Choose and combine techniques in game situations (running, throwing, catching,</p>	<p>Warm up: children are divided into groups of 4 with one lane each with goal at the end, 1 defender</p>



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