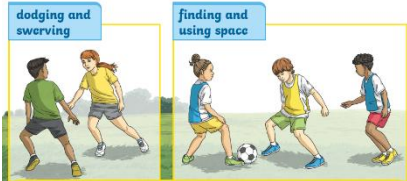




St John Fisher RC Primary School

KS2 PE Knowledge Organiser Autumn Term One: Football

This Football unit will teach the children the skills and techniques needed in order to take part in competitive football matches.

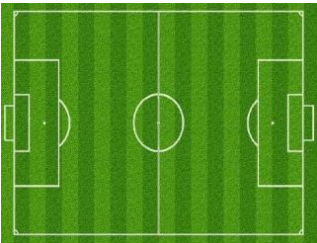
Why do we do PE?	Football Overview	
We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport which builds character and helps to embed values such as fairness and respect.	In this football unit the children will learn how to dribble with the ball, as well as to pass and receive. They will learn about the fundamental principles of attacking and defending, such as finding space when attacking and denying a player space when defending. The defensive skills of marking and tackling will also be covered, as well as shooting and the importance of fitness in football. The children will take part in a range of different football-based games and drills in pairs, small groups and as a whole class. The children will take part in competitive football matches to put the fundamental principles into practice.	
Week 1 – Ball Control and Dribbling	Week 2 – Perfect Passing	Week 3 – Space Invaders
During this lesson we are going to develop dribbling and ball control skills in football. We will carry out different ball control skills, use the correct technique when dribbling with a football and stop the ball after dribbling with it. 	During this lesson we will develop our passing and receiving skills in football. We will learn how to pass the ball accurately, use the correct technique to receive the ball with control and combine dribbling and passing. Passing is the quickest and most effective way to get the ball up the pitch. This is because a kicked ball can travel faster than a person running with it. In a game of football, as more passes are made by the attacking team, the more the defending team will be challenged. 	During this lesson we are going to learn how to find and use space effectively. We will learn the importance of space and movement in football. We will use the skills of dodging and swerving to get free from a defender. We will support our teammates by moving into a space to receive a pass. 
Week 4 – Dazzling Defending	Week 5 – Shooting and Fitness	Week 6 – Gameplay and Teamwork
During this lesson we are going to learn the defensive skills of marking and tackling. We will learn the job of the defender and defending team in football. We will learn how to mark an opponent by denying them space and develop the technique for a block tackle in football. We will also demonstrate our defensive skills in a game. 	During this lesson we will learn how to shoot in football and understand the importance of fitness in football. We will learn how to shoot with accuracy and power. We will learn about the different elements of fitness that are needed for football and take part in a football fitness circuit. 	During this lesson we will use the skills we have learned and apply them in a game, working as part of a team. We will use a range of skills in a football game. We will demonstrate improvement to achieve our personal best and do our best for our team. 



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Football – Key Vocabulary	Skills	Famous Football Players:
Control – cushion the ball when it is moving towards you. Handball – no outfield player can touch the ball deliberately with their hand. Shoot – strike the ball towards the goal. Weight of pass – understanding of how hard to hit the ball sending it over different distances. Strike – hit the ball hard at the goal. Curl/Swerve – make the ball travel on a curved pathway (on the ground or in the air). Body position – good balance and weight moving towards the balls of your feet. Instep – inside of your foot. Volley – strike the ball in the air first time without it bouncing. Positions – goalkeeper, defender, midfielder, winger, attacker. Throw ins/Corners – Awarded when the ball goes out of play over the sideline (throw in), end line (corner/goal kick)	Positions/Tactics Certain players will be better at certain skills which will help decide what position they play: GK,DEF,MID,ATT are the main positions. Tactically in a game you need a balance of positions, not all of the team can be attackers. 	Cristiano Ronaldo Cristiano Ronaldo is a Portuguese professional footballer who plays as a forward for Premier League club Manchester United and captains the Portugal national team. 
	Shooting In order to win a game, you need to score goals, by shooting at the goal. Being able to shoot accurately and powerfully is a perfect recipe for success. Aiming away from the goal keeper and into the corners of the net give the best chance for scoring a goal. 	Ellen White Ellen White is an English former professional footballer who played as a forward. She is the record England women's goal scorer. 
	Pitch The pitch is split into 2 halves with a centre circle and two areas where the GK can use their hands to catch or save the ball. 	Lionel Andrés Messi Lionel Andrés Messi is an Argentine professional footballer who plays as a forward for Ligue 1 club Paris Saint-Germain and captains the Argentina national team. 

