



St John Fisher RC Primary School

KS1 PE Knowledge Organiser Autumn Term One: Attacking and Defending/ Football

This Football unit will teach the children the skills and techniques needed in order to take part in competitive football matches in KS2.

Why do we do PE?

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.

Attacking and Defending/ Football Overview

In this attacking and defending/ football unit the children will learn about the skills players need in different team games. The children will learn about attacking skills, such as passing a ball to another player and dodging defenders. They will also develop their defending skills, looking at how to mark players and how to defend a space. The children will have the opportunity to play a range of mini team games to help them to identify and improve their skills.

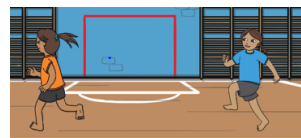
Week 1 – Using Space

During this lesson we will think about using space in a team game. We will learn how to attack and defend in a team game, identify useful spaces to move to in a team game and move to useful spaces in a team game. We are going to play a game that involves attacking and defending. We will work in groups of four. In each game there will be three attackers and one defender. Everyone will have a turn at being the defender.



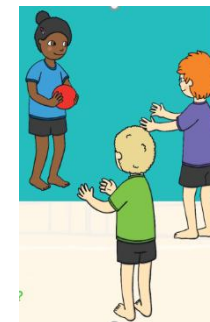
Week 2 – Marking Players

During this lesson we are going to learn how to mark another player. We will learn how to defend a goal safely, stay close to an attacker and move the same way as an attacker. We will play a game called 'sticking together'. One partner is the attacker and can run freely around the space. The attacker should try to get away from the defender. The other partner is the defender. They must mark their attacker at all times, staying close to them. The defender must not touch the attacker, or trip them up by getting in their way.



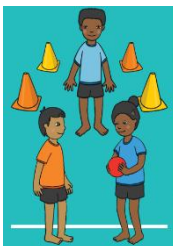
Week 3 – Dynamic Defenders

During this lesson we are going to learn how to defend the space between players. We will learn to choose the best space to defend and stop players from passing the ball across the space. We are going to play the 'Piggy in the Middle' game in threes to use our defence skills. The defender will try to stop the players from passing the ball to one another. When the defender gets the ball, players should swap roles.



Week 4 – Perfect Passing

During this lesson we will learn how to pass a ball to another player. We will look for players in useful spaces and pass to them. We will learn how to get into useful spaces to receive passes. We will make eye contact with other players so they know we are ready to pass. We will play a game called 'Baseline'. The aim of the game is to pass the ball between the two attackers from the baseline to the goal, which is the square of cones.



Week 5 – Dodging Defending

During this lesson we will learn how to get past a defender. We will learn how to move side to side to dodge a defender and change direction quickly. We will learn how to look for space to get past a defender. We will play a game called 'Spiders and Flies'. If a defender touches an attacker, they should go back to the start and count to ten. They can then set off and try again to dodge the defender. We will take turns at being defenders and attackers.



Week 6 – Using Your Skills

During this lesson we will use our attacking and defending skills in a team game. We will practise our attacking and defending skills. We will use our attacking skills to score points. We will use our defending skills to stop the other team scoring points. We will talk about the things we want to improve on and the things we are good at. We will play a game called 'Touch Down'. The aim of the game is to score as many points as possible for your team. You can score points by touching the ball onto a cone that is your team's colour.

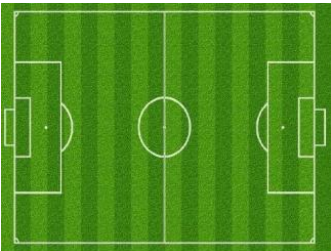




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Football – Key Vocabulary	Skills	Famous Football Players
Control – cushion the ball when it is moving towards you. Handball – No outfield player can touch the ball deliberately with their hand. Shoot – strike the ball towards the goal. Weight of pass – 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. 

