

# FOOTBALL - PASSING AND SHOOTING

*This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through football. In addition, we evaluate and recognise our own successes.*

Football:

We will play competitive games of football and apply basic principles of passing and shooting. We compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary			
ball	run	pass	move
attack	defend	position	striker
defender	midfield	travel	header
opposition	corner	free kick	goal
wide	narrow	goal Keeper	central



Rate your skills out of 5 stars	
Can I pass the ball with the inside of my foot with the correct technique	★ ★ ★ ★ ★
Can I use the inside or sole of my foot to control a pass	★ ★ ★ ★ ★
Can I use the inside of both of my feet to dribble the ball with toe touches	★ ★ ★ ★ ★
Can I complete one turn with the inside of my foot, change direction and return to my starting position	★ ★ ★ ★ ★
Can I use the correct technique to shoot with the ball	★ ★ ★ ★ ★

# YOGA

*This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through yoga. In addition, we evaluate and recognise our own successes.*

Yoga:

We will learn to develop flexibility, strength, technique, control and balance.

Key Vocabulary			
breath	warrior	triangle	cobra
dolphin	cat	dragon	pretzel
stretch	twist	back bend	standing
posture	hip width	strength	active
strength	core	balance	hold



Rate your yoga skills out of 5 stars	
I can apply the correct breathing	★ ★ ★ ★ ★
I can hold a pose correctly	★ ★ ★ ★ ★
I have good posture	★ ★ ★ ★ ★
I can complete some different poses	★ ★ ★ ★ ★
I can name some of the poses	★ ★ ★ ★ ★