

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	header
defender	midfield	travel	goal



Rate your skills out of 5 stars

Can I pass the ball to a partner	★ ★ ★ ★ ★
Can I use the inside my foot to control the ball	★ ★ ★ ★ ★
Can I move with the ball at my feet	★ ★ ★ ★ ★
Can I run whilst controlling the ball at my feet	★ ★ ★ ★ ★
Can I dribble around cones with the ball at my feet	★ ★ ★ ★ ★

Circuit Training

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 circuit training. In addition, we evaluate and recognise our own successes.

Circuit Training:

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

Key Vocabulary

jump	strength	bend	run
hop	breathing	squat	pace
bounce	sweat	balance	time
control	heart rate	movement	rep



Station	How many did you do? (Reps)	Time at each station
Hopping		
Star jumps		
Bunny jumps		
Burpees		
Leap Frogs		
Bounce a ball		

My greatest achievement this term was: _____

Next time I would like to improve: _____