

Learning Programme Year 8 Football

Topic/Content	Objectives/Skills	Assessment	Success Criteria (for E/S/D at KS3)	Stretch & Challenge (Thirst for Learning)
Year 8 Football	<p><u>Warm Up –</u> To know the benefits of a warm up To perform the actions in the warm up To understand the importance of stretching at the start of the session. To know the names of major muscles. To carry out in pairs correct stretching routines safely.</p> <p><u>Skills –</u> To be able to perform the different dribbling techniques To understand and know where the types of dribbling are used in Football To clearly understand and know how to perform the different types of dribbling To be able to perform the turns and skills that enable them to beat a defender To understand and know how, where and why the turns are used in Football To use a range of techniques to able the students to keep control of the ball by both dribbling and shielding To know the importance of keeping their head up whilst performing drills To know when to use these skills within a game of football e.g. When trying to beat a defender and when the defenders are close to the player To incorporate dribbling into a small sided game of Football To be able to perform the inside of the foot passes and receive them. To understand and know the benefits of passing and those of this type of pass. To understand where this pass is used in football To develop their understanding and knowledge of how to</p>	<p>Students are assessed against the skills matrix.</p> <p>Assessment through observation of Core skills in isolation and full game context 5v5 up to 8 v 8</p> <p>Verbal feedback given.</p> <p>Use of demonstrations for key points using pupil exemplars</p>	<p>See assessment matrix.</p>	<p>Further challenge from house competition, A,B,C and D teams.</p> <p>Links to Trafford borough for school boy trials.</p>

	<p>correctly receive the ball, To increase there accuracy and precision when passing the ball To be able to perform the pass accurately To use commands of time and man on when in competitive situations, and know the importance of using these in all situations To incorporate these controlling skills into small sided games To know and understand the laws governing controlling, handball and other infringements found in Football. To be able to perform the different types of controlling the ball To understand and know how to use the different types of body to control the ball To understand and know why we use the different types of body parts to control in different situations To be able to select the correct body part in the correct situation. To perform the shot accurately and correctly To know and understand how to perform the Shot To understand and know why you shoot across the goal when playing football To know and understand the importance of getting the knee and head over the ball To know and understand the importance of shooting with power To be able to distinguish the different types of shooting techniques that occur in a game situation and apply these in both practice and game situations To be able to distinguish the different types of shooting techniques that occur in a game situation and apply these in both practice and game situations To know and understand the laws governing shooting, scoring and re – starring games in Football To perform the correct heading technique safely To clearly know and understand how to head the ball correctly To know and understand the different types of heading methods used within football e.g. Defensive, Attacking, Diving</p>			
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	<p>To know where and why heading is used in football e.g. In general play, attack, and defensive</p> <p>To know what types of heading is used within these situations and what their major differences are.</p>			
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