



Class Tamar

PE

Football Skills

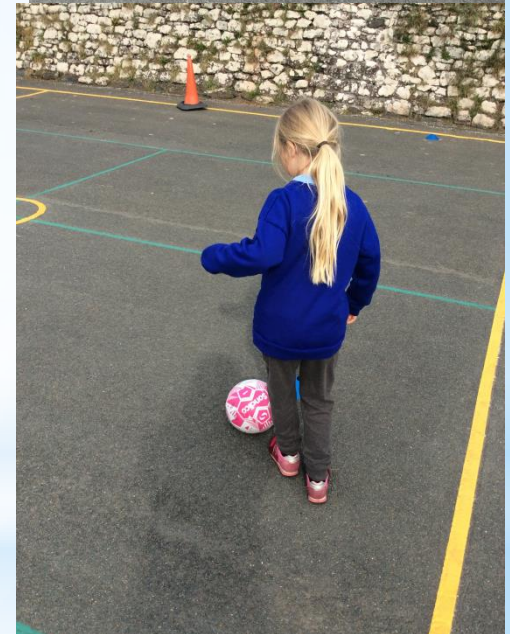
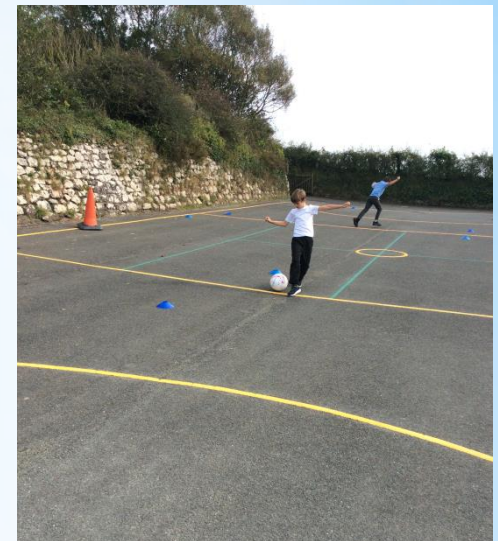
We practised our dribbling skills making sure that we kept control of the ball by doing little touches of the ball.



We practised our passing and shooting skills making sure that we used the inside of our stronger foot to pass the ball and strike the ball with our laces!



We practised turning with the ball making sure that we still maintained control of the ball.

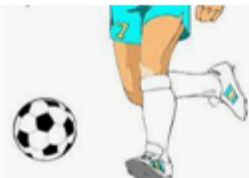


At the end of our football unit we played mini matches!

What I have learnt before:

Regular sport and exercise help us to stay healthy.

The aim of the game is to score goals past the opposition's goalkeeper.

**Forever Facts**

Understand where the space is and can move into it.

Understand what effects exercise has on our bodies.

Understand the importance of warming up and cooling down.

Understand how performances can be improved through practise and reflection.

Skills

Dribble with small touches into space.

Send a football to someone on the team, using different parts of foot.

Keep a ball under control when receiving a range of passes from team.

Mark another player and begin to attempt interceptions.

Exciting Books**Our Endpoint**

To demonstrate an understanding of the key skills learned in Football.

Subject Specific Vocabulary

Dribbling	Moving with the ball and maintaining possession of the ball.
Passing	Made with the arm moving above the shoulder.
Shooting	– strike the ball towards the goal.
Control	– cushion the ball when it is moving towards you.
Handball	No outfield player can touch the ball deliberately with their hand.
Strike	Hit the ball hard at the goal.
Positions	goalkeeper, defender, midfielder, winger, attacker.

Culture capital: Team work – Work with players in team, positive team player