

## KS1 Football

Football in KS1 will develop the basic skills of the game including passing, dribbling and receiving. In year 2 these skills will be refined to have control and accuracy. Children will also learn the basic rules of the game.

### In this unit children will:

- Participate in team games.
- Be able to communicate effectively.
- Dribble with the ball.
- Pass the ball using the right part of their foot
- Stop the ball using the right part of their foot.
- Practice heading a ball.
- Turn with a moving ball.
- Become familiar with some of the key rules of the game such as free kick, corner, hand ball, foul.

### Prior Learning

#### EYFS Football Skills

#### Cross Curricular Links

Football can be linked to maths for counting and sequencing, as well as direction.

## Key Vocabulary

**Ball carrier**- A player that has possession of the ball.

**Control, cushion** - Control of the ball by withdrawing the surface in contact with the ball on impact, e.g. the thigh.

**Cool down** -The portion of practice devoted to stretching muscles and returning body functions to their normal state.

**Corner flag** - The flag located at each of the 4 corners of the field.

**Corner kick**- A direct free kick taken by the attacking team from the one yard arc at the corner of field.

**Dribbler** - A player who advances the ball while controlling it with his feet.

**Dribbling** - A way of moving the ball along the ground by using the feet while keeping the ball under player's control.

**Foul** - A violation of the laws for which an official assesses a free kick.

**Free kick** -A kick awarded to a players team for a foul committed by the opposition; the player kicks a stationary ball without any opposing players within 10 yards of the ball.

**Header** - The striking of a ball in the air by a player's head.

**Score** - To put the ball into the net for a goal; also, the tally of goals for each team playing in a game.

## PE Health and Safety Rules

- No jewellery of any type can be worn.
- Hair must be tied away from the face at all times.
- Trainers must be worn.

### In Year 2 Knowledge will be extended by:

- Developing the cushioning of the ball for a first touch.
- Looking at advantage play and passing through a defensive line.
- Heading the ball in a game situation
- Effectively taking a corner kick
- Exploring goal shooting and placing the ball.
- Tackling another player



## Equipment

- Footballs
- Cones
- Bibs

## Key Questions

- How do you pass and receive a ball?
- When would be appropriate to head a ball?
- How do you tackle a player?
- If shooting which part of the foot do you use?