

**Prior Learning:** In Year KS1, children were introduced to some fundamental football skills. They learned different ways of kicking/passing the ball. They learned to dribble the ball with their feet.

## Physical Me

**Kicking**     **Agility**  
**Running**    **Balance**  
**Speed**       **Co-ordination**  
**Strength**    **Throw (in)**  
**Reaction**

## Key Skills

**Value Me:**  
- Teamwork

**Thinking Me**  
- Select and apply skills  
- Evaluate performance

**Social Me**  
- Communication  
- Encourage  
- Collaboration



## Key Knowledge

**Attacking** - The team with the ball attempts to score a goal in the opponents net by shooting or heading the ball

**Defending** - A defending team tries to stop the other team scoring and to regain possession of the ball  
- Once they have the ball, they become the attacking team

**Heading**- Age 12 and under are not allowed to head the ball in training or practice in England, Scotland and Northern Ireland.  
- However, they can head a ball in a game.

**Passing**- P – Plant (foot)  
P – Pass (inside foot)  
P – Point (direction)

## Football Rules:

**No of players in a team:**  
Maximum 7 on pitch at a time

**Size of ball:**  
Size 3 football

**Start of Game:**  
Teams will be told which way they are shooting at start of game

- Start in the centre of the pitch with a kick off

A goal cannot be scored directly from a start or restart of play.

**Out of play:**  
If the ball goes off the pitch (touchline) it is a throw in.

If the ball goes off at the goal line:

By attacking team - it is a goal kick  
By defending team - it is a corner

**Tackling:**  
No slide tackles



## Key Vocabulary

Control

Passing

Dribble

Tackle

Stationary

Throw- in

Communication

Defending

Attacking