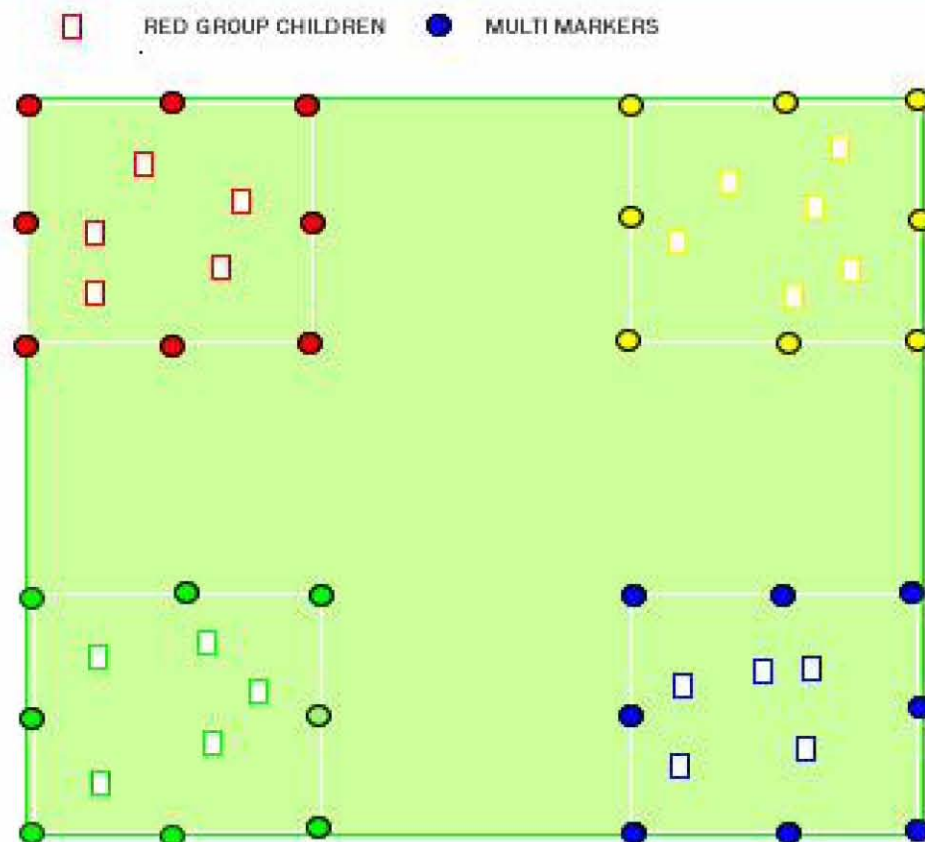


TEACHING FOOTBALL IN SCHOOLS KEY STAGE 1 Year 2 Lesson 1

Learning Outcomes: For the children to learn how to travel into different spaces, stopping, starting and changing direction. To send and receive the ball with a partner using a variety of techniques.



15 Minutes ⌚

1. WARM UP ACTIVITY

The children start equally divided in the 4 corner squares coloured red, yellow, green and blue. This is their home group/stadium. If possible put the children in bibs of the same colour. The activity starts with the children run freely around the whole playing area at a gentle pace. The teacher then calls out "home" or "away". The children must then respond quickly by finding a space in their home stadium. If the instruction is "home" or if the instruction is "away" they must find a space in one of the other 3 coloured squares. Introduce different activities - skipping - side stepping - jogging on the spot when they are stationary etc.

2. TAG GAME

Progress the activity when the children are warmed up by introducing a tag game. One home group are nominated as chasers in bibs who are trying to catch all the other players. The children have to run from stadium to stadium without being tagged by a chaser. Once in a stadium they cannot be tagged and are allowed a 3 second rest before setting out again. Once a player has been tagged they rest at the side of the playing area.

KEY TEACHING POINTS

1. Encourage the children to explore all areas of the playing area so they recognise and understand the layout which will be used in most lessons.
2. When travelling the children will need to observe where there are spaces and avoid other players.
3. Show children how to slow down and stop by taking little quick steps and bending their knees.

QUESTIONS TO ASK THE CLASS:

1. Why is it good to warm up at the start of the lesson ?
To get our bodies ready for exercise.
2. How can we make sure we avoid other children when we are running around ?
By watching carefully and not going too quickly. Being ready to stop or change direction.

