

Football

Key unit objectives	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Step 1	To move into space.	To move into space showing awareness of others.	To stop the ball with my feet.	To stop the ball with my feet.	To confidently pass accurately.	To pass the ball to keep possession in game situations.
Step 2	To move with and without a ball.	To move with control.	To pass the ball with the inside of my feet.	To pass the ball in different ways with increased accuracy.	To choose when to dribble, when to pass and when to shoot.	To dribble the ball whilst under pressure.
Step 3	To roll, kick, and carry a ball.	To pass/receive a ball with control.	To move with the ball.	To dribble the ball using my feet, both if possible.	To defend in a team.	To apply defending principles in games.
Step 4	To stop a ball.	To dribble a ball with feet.	To make a standing tackle.	To tackle safely and effectively.	To compete in small, sided games.	To compete in games.
Step 5	To change direction when moving.	To move towards a goal to defend it.	To shoot a stationary football.	To shoot a football with success.	To mark a player to stop them getting the ball.	To apply attacking principles in games.
Step 6	Use skills in games	To compete against others trying to score.	To participate in games controlling the ball.	To use tactics in games.	To decide on ways to defend in game	To understand positions and roles of individuals in team game
Declarative knowledge	Describe what you have done or seen others doing. Describe what it feels like to breath quickly during exercise.	Recognise what is successful. Use actions and ideas you have seen to improve your own skills. Understand and describe changes to	Employ simple tactics in game situations. Recognise good performance and be able to identify what you need to practise to improve your own performance.	Employ and explain simple tactics in game situations. Learn to recognise your own success.	Learn how to evaluate and recognise success. Understand how physical activity can contribute to a healthy lifestyle.	Understand the positions in a team and the roles they play; and choose different formations to suit the needs of the game.

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		your heart rate when playing a game.	Describe how your body feels when exercising.	Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising	Choose different formations to suit the needs of the game.	Identify and evaluate parts of your game where you're performing well, and parts that can be improved. Recognise exercise and activities that help strength, speed and stamina
Procedural knowledge	Explore different ways to use and move with a ball. Show control of a ball with basic actions. Send/ pass a ball and successfully catch/stop a ball. Move fluently, changing direction and speed. Develop fundamental movement skills, becoming increasingly confident and competent. Use skills in different ways when playing games.	Participate in team games - showing good awareness of others. Pass a ball with control. Show control when moving, changing speed and direction, both with and without a ball. Develop fundamental movement skills, becoming increasingly confident and competent. Perform a variety of skills keeping the ball under control	Move with a ball keeping it under control. Perform basic skills needed for games with control and accuracy. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Apply basic principles for attacking and defending - finding space (attacking), challenge a player in possession (defending.)	Move the ball keeping it under control whilst changing direction. Apply basic attacking and defending principles such as finding and using space in game situations. Pass, shoot and receive a ball with increasing accuracy, control and success. Challenge a player in possession of the ball.	Apply basic principles for defending - Defend by marking, covering, and tracking opponents as appropriate. Participate in competitive games, modified where appropriate. Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique. Keep possession of the ball when faced with opponents.	Apply the attacking and defending principles in game situations. Use different skills to keep possession of a ball as part of a team. Develop control whilst performing skills at speed. Change speed and direction to get away from a defender. Adapt games and activities making sure everyone has a role to play. Perform skills

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	Recognise space in games and use it to your advantage.				Apply basic principle for attacking - Use a variety of tactics to keep possession of the ball.	(e.g. passing) with accuracy, confidence and control whilst developing technique.
Vocabulary	• Ball Control • Control • Coordination • Direction • Dribble • Movement • Partner • Rules • Space	• Aim • Attack • Control • Coordination • turn • Teamwork • Shooting • Passing • Speed • Space • Dribble • Defend • Space • Movement • Rules	• Speed • Dribble • Movement • Shoot • Space • Marking • Attack • Defend • Decision • Power • Accuracy • Tackle • Receive • Position • Strike • Experiment	• Defending • Attacking • Communication • Cooperate • Tactics • Pass, shoot • Teamwork • Turn • Experiment • Power • Strike • Trick • Target • Opposition • Possession • Position	• Marking • Tactics • Accuracy • Experiment • Possession • Support • Tackle • Defence • Opposition • Patience • Power • Referee	• Marking • Tactics • Apply • Consider • Evaluate • Midfield • Possession • Opposition • Patience • Support • Closing down • Cover