

# PE Knowledge Organiser

Football

Key Skills
Team work – Work with players in team, positive team player
Defending – eyes on ball, body in between ball and goal
Shooting – Laces to shoot, head over the ball
Passing – Inside of foot, non-kicking foot at the side of the ball – pointer foot;
Dribbling – close control, parts of foot to use – inside, outside, sole, laces
Attacking – quick progressive teamwork



Physical Skills
Coordination
Agility
Balance
Strength
Teamwork
Motor Skills
<b>Fitness Elements</b>
Warming up
Cooling down
Changes in our body- feeling hot, out of breath, muscles feel tired, thirsty
Working our muscles- Strength, endurance
Working our hearts- cardio, stamina
Cognitive- Remembering prior learning

Vocabulary
Attack
Defend
Score
Goal
Shoot
Pass
Dribble
Ball
Goalkeeper
Defender
Midfielder
Attacker
Control
Turn
Protect
Throw in
Corner

Safety
Safe in a space
Look where you are going when travelling
Equipment appropriate for activity
Area safe for activity
Bring water

During the unit if children are finding the task too difficult / too simple use the **STEP** framework by changing the:

**SPACE** – Making the pitch bigger to make it easier or smaller to make it harder.

**TASK** – e.g. if struggling to pass over a long distance – make gaps shorter

**EQUIPMENT** – Choosing a larger or smaller ball to make it easier or harder.

**PEOPLE** – alter groups / teams to make it more competitive or have fewer players / more players to add more competition.

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**Passing** – Key points for passing - Inside of the foot (most accurate/control); strike the middle of the football; have your non-kicking foot alongside pointing towards the target; eyes looking at the ball.

**Control** – Stop the ball by trapping it (putting foot on the ball) or by cushioning it with the inside of the foot (have foot slightly off the ground so the ball doesn't bounce over it). Make sure practice with both feet and on the balls of their feet whilst they wait to receive. Make sure you get your body in line with the ball.

**Dribbling** – Use the inside, outside, sole and laces to dribble the ball. Touches should be soft to keep the ball close and under control. Try to keep your head up so you can move into space and not bump into anyone else or lose possession of the ball.

**Shooting** – Use the laces of the foot to generate power, none kicking foot at the side of the ball. Try and keep head over the ball to keep the ball down. Strike the middle of the football and 'follow through' with kicking foot.

**Teamwork** – Discuss what makes a good team player, make sure that we are positive and encourage all our team mates in every situation. Think about how it links in to our school values (STARFISH) – sportsmanship. Talk about school games Values - Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.

**Attacking** – Think about when is the right time to pass, dribble or shoot. If we are passing, is our team mate in a space and ready. If we are shooting, are we in a good shooting position, using the correct technique. If we decide to dribble, is their space to move into, can we protect the ball away from the defenders.



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Year 3	Year 4	Year 5	Year 6	End of KS expectations
<p>Begin to dribble a ball making small touches</p> <p>Begin to send a football to someone on team.</p> <p>Keep a ball under control.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p>Dribble with small touches into space.</p> <p>Send a football to someone on the team, using different parts of foot.</p> <p>Keep a ball under control when receiving a range of passes from team.</p> <p>Understand where the space is and can move into it.</p> <p>Mark another player and begin to attempt interceptions.</p>	<p>Dribble making small touches into space with speed.</p> <p>Send a football to someone on the team, using different parts of foot accurately.</p> <p>Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from).</p> <p>See space, and use it effectively.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions for team.</p>	<p>Dribble making small touches into space with speed, to beat defenders.</p> <p>Make decisions regarding how and when to send a football to someone in team.</p> <p>Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from) when under pressure from a defender.</p> <p>Know how space changes within a game and when and how to move into changing spaces.</p> <p>Draw defender away to create space.</p> <p>Position body to defend effectively, making successful interceptions.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending</p>

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**CRISTIANO RONALDO**



**PAUL POGBA**



**KELLY SMITH**



**ALEX SCOTT**



**FRANK LAMPARD**



**ZLATAN IBRAHIMOVIC**