

In this unit: Football- You

- should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- should enjoy communicating, collaborating and competing with each other.
- should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise your own success.
- should use running, jumping, throwing and catching in isolation and in combination.
- should play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Dribbling
- Passing
- Ball control
- Tracking / jockeying
- Turning
- Goalkeeping
- Receiving

Key Skills: S.E.T

- Social: Communication
- Social: Collaboration
- Social: Cooperation
- Social: Respect
- Emotional: Honesty
- Emotional: Perseverance
- Thinking: Selecting and applying tactics
- Thinking: Decision making



Key Rules

- **Hand ball:** when a player handles the ball with any part of their arm.
- **Goal kick:** A goal kick is awarded to the defending team when the ball goes out of the field of play by crossing, either on the ground or in the air, the goal line, without a goal being scored, when the last person to touch the ball was from the attacking team.
- **Free kick:** is awarded to the opposing team if a player kicks, trips, holds or plays in a dangerous manner.
- **A penalty kick:** is awarded if any of the above offences is committed by a player inside his/her own penalty area, irrespective of the position of the ball, provided it is in play.

Key Vocabulary:

- control
- intercepting
- consistently
- pressure
- possession
- tactics
- possession
- conceding
- foul
- outwit
- opponent
- tracking
- outwit
- touch

Glossary

Interception: intercepting a pass made by an opposing player
 Possession: when a team has the ball they are in possession
 Marking: when a player defends an opponent
 Getting free: when an attacking player moves to lose their defender
 Foul: an act by a player that breaks the rules of the game
 Throw in: A throw in is awarded when the whole of the ball passes over the side line, either on the ground or in the air. It is awarded from the point where it crossed the side line to the opponents of the player who last touched the ball