

Westhoughton high School: Football Curriculum Map

Lesson sequence 1: Dribbling 2: Passing 3: Attacking 4: Defending 5: Game play

Year 7	Year 8	Year 9	Year 10
<p>Dribbling</p> <p>PE-Dribbling with the ball over short and long spaces. Skills such as the Cruyf turn, drag back, L- turn, hook turn 1</p> <p>Sport-Selecting the correct spaces to dribble the ball2 Follow the offside rule.</p> <p>Health- Know the 3 main phases of a warmup-3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>Dribbling</p> <p>PE-Dribbling the ball over different distances with pace (1,2,3)</p> <p>Sport-Be able to apply the correct dribbling technique over different distances 2 Identify when offside has been</p> <p>Health- Know the 3 main phases of a warm up Know some general activities that can be included in a warm-up and cool-down</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>Dribbling</p> <p>PE-Dribbling the ball at speed whilst under pressure. (1,2,3)</p> <p>Sport: Correctly identify the spaces to dribble into and how to dribble to open space 2 Be able to referee and call out offside</p> <p>Health- Know the 3 main phases of a warm up Know some sport-specific activities that can be included in a warm-up and cool-down Be able to lead a warm-up and cool-down with a small group</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>Dribbling</p> <p>PE-Dribbling the ball at speed, over different distances and can change</p> <p>Sport- Selecting and applying dribbling skills at the right time during competitive situations (1,2,3) Be able to identify when the offside rule has been broken.</p> <p>Health- Know the 3 main phases of a warmup Know some sport-specific activities that can be included in a warm-up and cool-down Be able to plan and lead a warm-up and cool-down with a small group Know the importance of mental rehearsal</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>

<p>PE-Passing accurately over a shorter distance (1)</p> <p>Sport-Know when and where to pass the ball to maintain possession 2</p> <p>Health- Know the 3 main phases of a warmup-3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>PE-Passing Passing to feet and into space (1,2,3).</p> <p>Sport- selecting the correct space to pass into</p> <p>Health- Know the 3 main phases of a warm up Know some general activities that can be included in a warm-up and cool-down</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>Passing PE-Execute correct passing techniques Sport-Keeping possession of the ball whilst under pressure. (1,2,3)</p> <p>Health- Know the 3 main phases of a warm up Know some sport-specific activities that can be included in a warm-up and cool-down Be able to lead a warm-up and cool-down with a small group</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>Passing PE-Execute correct passing techniques</p> <p>Sport -Selecting and applying the right passing and dribbling techniques whilst under pressure in a competitive situation.(1,2,3)</p> <p>Health- Know the 3 main phases of a warm up Know some sport-specific activities that can be included in a warm-up and cool-down Be able to plan and lead a warm-up and cool-down with a small group Know the importance of mental rehearsal</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>
<p>Attacking</p> <p>PE-Skills to outwit an opponent, such as the step over, scissor, chop, Messi dips, rolls over (1,3).</p> <p>Sport- will know when and how to apply each attacking technique to outwit their opponent.</p> <p>Health- Know the 3 main phases of a</p>	<p>Attacking</p> <p>PE-Using the different skills when dribbling at pace and with disguise (1,2,3).</p> <p>Sport-Knowing how and when to use disguise to outwit an opponent.</p> <p>Health- Know the 3 main phases of a warm up</p>	<p>Attacking</p> <p>Using different skills in a 1 v 1 skill at the right time during competitive situations(1,2,3).</p> <p>Health- Know the 3 main phases of a warm up Know some sport-specific activities that can be included in a warm-up and cool-down Be able to lead a</p>	<p>Attacking</p> <p>PE-Using different skills in a 1 v 1 skill at the right time during competitive situations and being able to check your shoulder to move into space. Sport-Exploring ways of keeping shape to press and aid the attack(1,2,3)</p> <p>Health- Know the 3 main phases of a</p>

<p>warmup-3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>Know some general activities that can be included in a warm-up and cool-down</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>warm-up and cool-down with a small group</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>warm up</p> <p>Know some sport-specific activities that can be included in a warm-up and cool-down</p> <p>Be able to plan and lead a warm-up and cool-down with a small group</p> <p>Know the importance of mental rehearsal</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>
<p>Defending Defending and ball control Close down space and mark the player in a game (1,2)</p> <p>Sport-Knowing how and when to position your body to close space Know when a free kick and a penalty is awarded.</p> <p>Health- Know the 3 main phases of a warmup-3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>Defending Mark the player and close down space working on timing to tackle the ball(1,2)</p> <p>Sport- Know when and how to time a tackle. Identify when a free kick and a penalty should be awarded.</p> <p>Health- Know the 3 main phases of a warm up Know some general activities that can be included in a warm-up and cool-down</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>Defending PE-Practice defensive tackles Sport-Apply correct tackling techniques in 1v1 situations whilst under pressure in a competitive situation. Referee when a penalty and free kick should be awarded. (1,2,)</p> <p>Health- Know the 3 main phases of a warm up Know some sport-specific activities that can be included in a warm-up and cool-down Be able to lead a warm-up and cool-down with a small group</p> <p>Character- Teamwork and fair</p>	<p>Defending PE-Explore defensive techniques Sport-Explore defensive formations and understand how to keep shape to defend the ball. Referee when a penalty and free kick should be awarded. And understand when to use VR. (1,2,)</p> <p>Health- Know the 3 main phases of a warm up Know some sport-specific activities that can be included in a warm-up and cool-down Be able to plan and lead a warm-up and cool-down with a small group Know the importance of</p>

		play, Confidence, Resilience, Communication-4	mental rehearsal Character- Teamwork and fair play, Confidence, Resilience, Communication-4
<p>Game play PE- Use passing and shooting skills to execute a set play.</p> <p>Understand the different positions on a football pitch. Be able to follow referring decisions.</p> <p>Sport-Can follow a set play. (1,2)</p> <p>Health- Know the 3 main phases of a warmup-3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>Game play</p> <p>Can identify when a rule has been broken-offside, throw in, free kick and corner.</p> <p>Apply set plays from kick off, throw in and corner. (1,2)</p> <p>Health- Know the 3 main phases of a warm up Know some general activities that can be included in a warm-up and cool-down</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>Game play</p> <p>Can officiate and use hand signals to communicate decisions.</p> <p>Design and create set plays according to the strength of team mates (1,2)</p> <p>Health- Know the 3 main phases of a warm up Know some sport-specific activities that can be included in a warm-up and cool-down Be able to lead a warm-up and cool-down with a small group</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>	<p>Game Play</p> <p>Can officiate and call offside. Communicates decisions clearly and accurately.</p> <p>Create set plays and adapt movement/formations to either attack or defend the ball (1,2)</p> <p>Health- Know the 3 main phases of a warm up Know some sport-specific activities that can be included in a warm-up and cool-down Be able to plan and lead a warm-up and cool-down with a small group Know the importance of mental rehearsal</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication-4</p>

Key concepts: (referenced by a number above for lessons)

These will be taught through football and have been referenced in the curriculum map. The knowledge in these 3 areas will develop over time.

1. **PE-Motor competence**- students will develop coordination (foot-eye) in order to pass, dribble, control the ball and move into space.
2. **Sport-Rules, strategies & tactics**- students will develop an understanding of the rules in football, apply strategies to outwit an opponent, attack and defend as a team and use tactics and formations to perform better as a team.
3. **Health-Healthy participation**- students will develop their aerobic endurance, speed and agility through participating in football. Lessons will increase HR in the ST and this will have a positive impact on health in the LT. For some student's participation in lessons will encourage students to attend extra-curricular clubs at school and even play football outside of school.
- 4: **Character**-Learners will be given the opportunity to reflect upon and develop their own character qualities whilst playing football. They will focus on the following qualities during term 1-Teamwork and fair play, Confidence, Resilience and Communication.