

# PE

## Ball Skills: Feet 1 : FS1 / FS2

<b>Sticky skills</b>		<b>Key vocabulary</b> <b>FS2</b>	
Basic movements Teamwork		<p><b>Dribbling:</b> is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.</p> <p><b>Control:</b> means keeping the ball close to us, preventing the defenders from gaining possession.</p> <p><b>Attacker:</b> We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is the keep the ball away from the defenders.</p> <p><b>Defender:</b> We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.</p> <p><b>Space:</b> is an open area on the pitch that is unoccupied by a defender or the defending team. The attacker in possession of the ball needs to identify open spaces to move into to keep the ball away from the defenders.</p> <p><b>Opponent:</b> means a player on the other team. If we are an attacker dribbling we need to keep the ball away from the defender who is our opponent.</p>	
<b>Learning Journey</b>			
<b>FS2</b>			
Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent			
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<b>Year 1</b>			
Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point			
<b>Cognitive</b>		<b>Social</b>	
Pupils will apply developing concentration skills as they focus on the ball and listen to all the instructions.		Pupils will develop life skills such as fairness and empathy as they encourage and support each other.	
<b>Wellness</b>			
Pupils will apply their skills with developing success as they demonstrate courage and self belief to keep working as hard as possible.			
<b>Learning Objective / Focus</b>		<b>Lesson Sequence Outline</b>	
<b>FS2</b>	<p><b>Session 1:</b> LO: to understand how we control a ball. <b>Focus:</b> Explore moving with a ball using our feet</p> <p><b>Session 2:</b> LO: to keep the ball close <b>Focus:</b> Develop moving with a ball using our feet</p> <p><b>Session 3:</b> LO: to develop dribbling using our feet to move with a ball. <b>Focus:</b> Develop dribbling</p> <p><b>Session 4:</b> LO: to develop their technique of dribbling the ball. <b>Focus:</b> Understand dribbling</p> <p><b>Session 5:</b> LO: to develop dribbling skills and their understanding of dribbling a ball. <b>Focus:</b> Develop dribbling against an opponent</p> <p><b>Session 6:</b> LO: to collaborate and work together with their partner and in small groups. <b>Focus:</b> Dribbling competitions</p>	<p><b>Overview:</b> The unit of work will enable pupils to explore moving with a ball using their feet. Pupils will develop their technique of dribbling the ball and understand where and why we dribble, keeping control.</p> <p><b>Physical:</b> Pupils will develop their ability to dribble the ball keeping control. Pupils will move the ball into spaces avoiding any defenders.</p> <p style="text-align: center;"><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>	
Below		<b>End of unit assessment</b> Met	
		Exceeding	

