

**Topics in this cycle:**  
KS3

**Taught:**  
Spring 2

**Year Group:**  
7-8

**Key knowledge/concepts to be learnt ('Tell me about...')**

**Websites/blogs/YouTube links and further reading to deepen and consolidate learning**

**What are the main types of passing in Football?**  
Short Passing & Long passing



Positions



**What are the rules and regulations in Football?**

Rules and regulations

- 2 teams, each with a maximum of eleven players; one must be the goalkeeper.
- A match is usually played in two 45-minute halves.
- A kick-off starts both halves.
- **A goal is scored** when the whole ball passes over the goal line, between the goalposts and under the crossbar.
- Players must not be careless, reckless or use excessive force against an opponent.
- **Offside (offence):** when a player goes behind the line of opposing defenders before the ball.
- **Handling the ball:** Players are not allowed to use their hands or arms to control the ball unless they are the goalkeeper
- **Throw in:** a throw in occurs when the ball has completed passed the touchline
- **A corner kick** is awarded when the defencing team kicks the ball over the goal line.
- **A goal kick** is awarded when a ball passes wholly over the goal line, having last touched an attacking team player has been kicked to them.
- **A free kick** is awarded to the opposing team when a player is guilty of an offence.
- **A penalty kick** is awarded if a player commits a direct free kick offence inside their penalty area. Goals may be scored directly from a penalty kick.

Short passing- [Soccer Techniques: Short Pass | Football - YouTube](#)

Long Passing- [Soccer Techniques: Long Pass | Football - YouTube](#)

Dribbling- [THE BASICS OF DRIBBLING | beginner tutorial - YouTube](#)

Ball Control- [Improve ball mastery | 5 drills for ultimate control - YouTube](#)

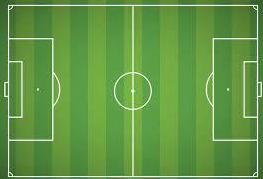


Attacking skills and drills- [Best 1v1 Attacking Soccer Drills And Attacking Soccer Skills To Beat A Defender - YouTube](#)

Defending skills- [7 defender tips to make strikers FEAR you - YouTube](#)




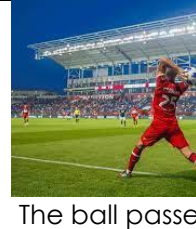
Shooting- [Beginner's guide to shooting | 5 BASIC TIPS - YouTube](#)

How to play football and rules- [Beginner's guide to football | Football for dummies - YouTube](#)

Rules of football explained- [The Rules of Football \(Soccer or Association Football\) - EXPLAINED! - YouTube](#)

Key Vocabulary and Definitions To Be Learnt		Family Learning Opportunities
<b>Football pitch</b>	 <p>Area that a game of football is played on.</p>	<ul style="list-style-type: none"> <li>• <b>Join local football teams.</b> <a href="http://www.findafootballteam.info/">http://www.findafootballteam.info/</a></li> <li>• <b>Girls Football Information only</b> <a href="https://www.birminghamfa.com/">https://www.birminghamfa.com/</a> <a href="https://www.englandfootball.com/">https://www.englandfootball.com/</a></li> <li>• <b>Aston Villa Brookvale Training Academy</b> Opening September 23. <b>Every Friday from 3pm</b> (Opening information to follow) <a href="#">Homegrown stars visit new Inner City Academy   AVFC</a></li> </ul>
<b>Footballs, Football boots and shin pads</b>	  <p>Equipment used to play football.</p>	
<b>Types of passing.</b> Short pass Long pass Lofted pass Crossing	Different ways to pass the ball to your teammates	
<b>Dribbling</b>	A skill to use whilst staying on the ball and moving it around the pitch	
<b>Dominant and non-dominant foot</b>	Dominant- the foot you use to kick the ball (stronger foot) Non-dominant- Your weaker foot.	
<b>Balance and coordination</b>	Balance- is the ability to stay upright or stay in control of body movement. Coordination- is the ability to move two or more body parts (foot eye in football)	
<b>Attacking</b> <b>Shooting</b>	The team with the possession of the ball to create a goal-scoring chance. Shooting- hitting the ball to try score a goal.	<p><b>What Will the Assessment Look Like?</b></p> <p><b>Quality of Performance</b> Students will be BASE assessed on their practical skills related to football in isolation, small sided and recognised games.</p>
<b>Defending</b> <b>tackling</b>	The team without the ball to stop attacks during the game and prevent the opposition from scoring.	
<b>Possession</b>	Keeping the ball in a game by passing	

# Home-School Learning Collaboration – Physical Education

<p><b>Penalty</b></p>		<p>Awarded when a foul happens in the goal area</p>	<p><b>Quality of theoretical Understanding</b>                  Students will also be assessed on their theoretical knowledge related to football. Including</p> <ul style="list-style-type: none"> <li>• Rules and regulations</li> <li>• Skills and tactics</li> <li>• Analysis of performance</li> </ul>
<p><b>Free kick</b></p>		<p>Awarded when a foul happens in the main area of the pitch</p>	
<p><b>Corner</b></p>		<p>The ball passes over the goal line after touching other teams' player</p>	
<p><b>Throw in</b></p>		<p>The ball passes over the touch line after touching other teams' player</p>	