

Home-School Learning Collaboration – Physical Education

Topics in this cycle:
Year 9 Girls' Football Option

Taught:
Autumn 1

Year Group:
9

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 defending 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](#)

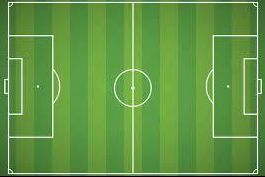
Defending skills- [7 defender tips to make strikers FEAR you - YouTube](#)

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](#)

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Key Vocabulary and Definitions To Be Learnt		Family Learning Opportunities
Football pitch	 Area that a game of football is played on.	- Join local football teams. http://www.findafootballteam.info/ - Girls Football Information only https://www.birminghamfa.com/ https://www.englandfootball.com/
Footballs, Football boots and shin pads	  Equipment used to play football.	
Types of passing. Short pass Long pass Lofted pass Crossing	Different ways to pass the ball to your teammates	
Dribbling	A skill to use whilst staying on the ball and moving it around the pitch	
Dominant and non-dominant foot	Dominant- the foot you use to kick the ball (stronger foot) Non-dominant- Your weaker foot.	
Balance and coordination	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)	What Will the Assessment Look Like?
Attacking	The team with the possession of the ball to create a goal-scoring chance. Shooting- hitting the ball to try score a goal. The team without the ball to stop attacks during the game and prevent the opposition from scoring. Keeping the ball in a game by passing	Quality of Performance Students will be BASE assessed on their practical skills related to football in isolation, small sided and recognised games.
Shooting		
Defending		
tackling		
Possession		

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Penalty		Awarded when a foul happens in the goal area
Free kick		Awarded when a foul happens in the main area of the pitch
Corner		The ball passes over the goal line after touching other teams' player
Throw in		The ball passes over the touch line after touching other teams' player

Quality of theoretical Understanding

Students will also be assessed on their theoretical knowledge related to football. Including

- Rules and regulations
- Skills and tactics
- Analysis of performance