

What should I already know?

- How to move the ball, keeping it under control.
- How to send/pass a ball at different speeds.
- Travel at different speeds and in different directions
- Describe how your body feels when exercising.

Gems of Knowledge

Procedural knowledge -

- Keep control of the ball when changing it's direction.
- Start to attack and defend by using the space around you.
- Challenge a player in possession of the ball
- Send and receive the ball with increasing accuracy and control.

Declarative Knowledge -

- Explain why tactics are useful in a game situation.
- Describe the effects exercise has on your heart rate and breathing.
- Recognise what you have done well and how this helps you with your success.



Famous Footballers



FOCUS -

Blocking, Marking, Receiving and Sending.

Vocabulary

<p>Attack - Stop your opposition from dominating! Take control.</p>		<p>Breathing - How does your breathing change during exercise? Why?</p>	
<p>Defend - Stay in control of the ball. Don't allow the opposition take your ball.</p>		<p>Heart rate - How fast your heart is beating.</p>	
<p>Tactics - Carefully planning your actions to be successful.</p>		<p>Space - How can you use the space around you to move the ball?</p>	