

What should I already know?

- How to make a ball move in different ways
- How to send and receive a ball.
- Travel at different speeds and in different directions

Gems of Knowledge

What will I do?

- Show control when changing speed and direction.
- Pass a ball with control.
- Play in team games with others.

What will I know?

- Describe how your heart rate changes when you exercise.
- Recognise what is successful to develop control and copy these skills.



Famous Footballers



FOCUS - Developing Control

Vocabulary

<p><u>Control -</u> Choose how far, how fast and how you want the ball to travel.</p>		<p><u>Direction -</u> Which way are you going?</p>	
<p><u>Power -</u> Using force when sending the ball.</p>		<p><u>Heart rate -</u> How fast your heart is beating.</p>	
<p><u>Speed-</u> How fast are you going?</p>		<p><u>Receive -</u> Getting the ball from someone else (catching)</p>	