

Y9 Football Curriculum Summary

Name of unit	Football
Why do we study this unit?	Football is the current national sport. It's excellent for developing fundamental motor skills, enhances team skills & team work. A team game that helps stimulate social skills used in everyday life.
By the end of the unit, students will be able to....	Students will develop a basic understanding of the skills used to participate in football. They will learn basic rules
Links to previous units	Pupils will learn the relevant skills, rules, fitness tests and tactics surrounding each sport within the PE curriculum. Pupils will follow this same structure throughout each sport as this builds the relevant knowledge that will maximise pupils progress and success. Additionally the sporting characteristics will be linked throughout so that pupils can adapt and demonstrate these values within school and in later life.
Key vocabulary	Self - Belief, Drills, Practice, Focus, Respect, Official, Referee, Intensity, Exertion, Heart Rate, Teamwork, Formation, Attacking and Defending
Week and summary topic	Knowledge and skills learned
1: Skill	Ball control and Dribbling under pressure. Pass & Move to create space 1V1's
2: Rules	Basic Offside Rule
3: Fitness	Explain with a football example, how having speed will improve their or a football performance. Speed 30m Sprint Test 1. Measuring Heart Rate 2. Intensity - Rating of Perceived Exertion (RPE)
4: Strategy / Tactics	Triangles, Switch Play and Overlaps
5: Competition	Inter House Competitions