



St Andrew's C of E Maghull PE Knowledge Organiser Year 6 – Autumn 1 - Football



Knowledge: I know...

- how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax.
- the basic rules of football.
- the main principle of attack and defend in football.
- that it is easier to receive a ball when my body position is faced towards the kicker
- my body position for dribbling needs to be in Ready Position with my knees slightly bent, on my toes and my body in an open position.
- the importance of working collaboratively in a team to play and keep possession of the ball.

Skills: I can...

- Receive the ball and turn into space to pass or shoot.
- Recognise space and opportunities for running with the ball.
- Travel quickly and effectively with the ball.
- Select where to pass the ball on completion of a run.
- Choose when to change position in a game.
- Distinguish between when teams are in possession of the ball and when it is lost.
- Use appropriate body parts to control a bouncing ball, maintain control.

Lesson Sequence:

Lesson 1: I can receive the ball and turn into space with it.

Lesson 2: I can travel quickly and effectively when running with the ball.

Lesson 3: I can combine running with the ball and sending it into space.

Lesson 4: I can maintain position when attacking to create space.

Lesson 5: I can perform a stepover to beat a defender.

Lesson 6: I can control a bouncing ball, keeping it close to the body.

Vocabulary: control, use space, speed, mark, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, interchange, regain, shoot, positions, power, distance, perform, consistent, fair play, possession, goal side



Video

Football – Safety



Video

Football – Turning with the ball



Video

Football – Running with the ball



Video

Football – Double step over