

St John's Senior School



Subject: Physical Education (Girls' football)

Form: 1, 2 & 3

Term: Spring

| WEEK | TOPIC |
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| 7 | <p>1st Form - Dribbling introduction e.g. left/right foot, both feet and instep.</p> <p>2nd Form - Dribbling with change of pace and direction.</p> <p>3rd Form – Develop dribbling with change of pace and direction under pressure. Dribbling shading ball away from opponent.</p> <p>Extension - Basic turns – static and then progress to moving.</p> |
| 8 | <p>1st Form - Dribbling progression - Dribbling with change of pace and direction. Basic control. Basic pass and receive.</p> <p>2nd Form - Passing ball ahead and running onto ball. Basic control continued. Pass and receive under passive pressure.</p> <p>3rd Form – Recap/develop passing ball ahead and running onto ball. Pass and receive whilst on the move. Pass and receive under active pressure.</p> <p>Extension: Progressed passing (short, long and lofted) Passing with accuracy. Control (head, chest and knee)</p> |
| 9 | <p>Continuation of shooting development through the goal keeper practice.</p> <p>1st Form – Introduction to goal keeping 2nd Form – Recap/progress goal keeping skills 3rd Form – Develop goal keeping skills</p> <p>Goal keeping ready position Goal keeping</p> <ul style="list-style-type: none"> - Getting behind the ball to catch it - Low/high balls - Fast shots - Penalties - Free kicks - Closing down angles/players <p>Various ways of keeping the ball out of the goal</p> <ul style="list-style-type: none"> - Kicking |

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| | <ul style="list-style-type: none"> - Catching - Punching - Flicking |
| 10 | <p>1st Form – Introduction to attacking 2nd Form – Recap/progress attacking skills 3rd Form – Develop attacking skills under pressure</p> <p>Basic attacking (2 V 1)</p> <ul style="list-style-type: none"> - Creating space - Body position - Change of pace - Passing/running into space <p>Extension: Small sided games (attacking focus)</p> |
| 11 | <p>1st Form – Introduction to defending 2nd Form – Recap/progress defending skills 3rd Form – Develop defending skills under pressure</p> <p>Defending (1 V 1)</p> <ul style="list-style-type: none"> - Body position - Going for the ball not the person - Decision making <p>Extension: Small sided games (defence focus)</p> |

Mini assessment will take place each week on the specific area of skill.