



## PE PROGRESSION OF KEY SKILLS - FOOTBALL

<b>FOOTBALL SKILLS</b>	<p>Activities will be taught through carefully planned skill based tasks and warm ups: individually, with a partner or in a small group. Skills will then be developed further and consolidated through small games based activities, starting with 3-aside games, progressing to 5-aside and 7-aside games as their skills develop over time.</p> <p>Teachers can differentiate through revisiting previous year group tasks and skills based activities from previous year groups to support further development of skills for individual pupils.</p>
<b>YEAR ONE</b>	<p><b>As footballers, we are learning to:</b></p> <ul style="list-style-type: none"> <li>- kick a stationary ball correctly, from a correct starting position using the front of their instep</li> <li>- increase accuracy when aiming for a specific area when shooting</li> <li>- kick a moving ball</li> <li>- dribble with one foot then both with increasing control</li> <li>- kick the ball with the side of their foot</li> <li>- stop an oncoming ball before passing</li> <li>- use a side-foot pass</li> <li>- passing accurately in a straight line</li> <li>- passing with increasing accuracy focusing on the weight of the pass</li> <li>- outrun a defender</li> <li>- tackle a player, by knocking the ball away when it is away from the opposition's body</li> <li>- develop our skills when playing 3-aside</li> </ul>
<b>YEAR THREE</b>	<p>Revision and consolidation of skills taught above and then progress to the skills below.</p> <p><b>As footballers, we are learning to:</b></p> <ul style="list-style-type: none"> <li>- kick the ball correctly when shooting</li> <li>- increase accuracy to score with side-net shooting</li> <li>- increase accuracy to score with side-foot shooting</li> <li>- increase accuracy to score with distance shooting</li> <li>- lay the ball off</li> <li>- dribble the ball using both feet</li> <li>- dribble at speed</li> <li>- cushion the ball</li> <li>- pass at speed</li> <li>- pass into space</li> <li>- increase tackling skills: cutting out the ball and tackling from the side</li> </ul>

**YEAR FIVE**

Revision and consolidation of skills taught above and then progress to the skills below.

**As footballers, we are learning to:**

- developing shooting skills to include increasing power and the use of half-volley shooting
- dribbling techniques to include 'selling a dummy', switching direction, 'nutmegging', 'spinning a defender'
- developing passing techniques further
- increasing skills to 'bring the ball down'
- use diagonal balls to clear a ball defensively or set up an attack
- complete a 'throw in' with increasing accuracy
- use a 'throw in' in different ways to maintain possession (into space, pass back to player)
- increase skills when taking corners
- improve understanding and skills as a goalkeeper
- improving distribution (out wide)
- improve skills when distributing the ball bowling underarm
  - improve skills when distributing the ball overarm two handed
  - improve skills when distributing the ball overarm one handed
  - improve skills when distributing the ball using a flat kick
- handle the ball (hands behind the ball to catch)
- parrying the ball (tipping it round the corner)
- develop game techniques in 7 aside matches (making decisions, quick reactions)