

I should already know:

- Components of Fitness
- MHR
- Short Term Effects of Exercise
- Importance of Communication
- How to work well in a team

I will learn:

Spatial Awareness – Moving into space, communicating to team mates that you are in space. Why do we need to move into space?

Tactics and Strategies – Different formations for different teams and situations.

Marking – Man Marking and Zonal marking

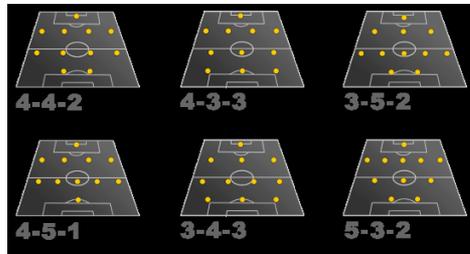
Dribbling/ Running with the ball – Keeping control of object ball. Decision making on releasing object ball.

Shooting – Different techniques, accuracy, power, decision making.

Sports Leadership will be incorporated to every lesson. Student led warm-ups, Students leading within groups, students leading cool downs, team captains.

Key Words

Spatial Awareness	Spatial awareness is the ability to see and understand two or more objects in relation to each other and to one's body in terms of space and distance.
Tactics	Tactics are a plan or strategy put into place to allow the best outcome for an individual or team in sporting competition
Formation	A formation are the positions players of a team are put into during a competitive match. There are different formations depending on your strategy
Leadership	The ability to lead a team and be a role model to your team mates. Communicate strategies and tactics in a way that motivates team members.
Accuracy	How precise a pass, shot or throw is when aiming for a specific target.
Technique	Technique is skill and ability in a sporting or other practical activity that you develop through training and practice.



Greater Depth Challenge

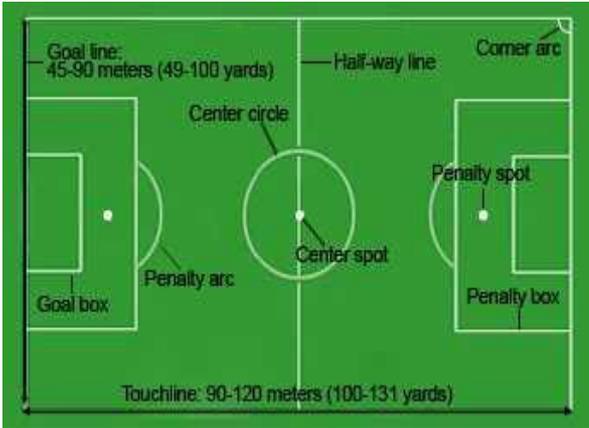
Can you name all 11 components of fitness?
Can you name 3 formations in football?

This will help in the future:

- Competitive match situations.
- Coaching others.
- Team talks
- Communication

Further Reading

KS3 BBC Bite-size – Physical Education



Rules

Game is started by a kick off in the centre of the pitch, on the referee's whistle The main game has 11 players on the pitch (consisting of goal keeper, defenders, midfielders and strikers)

A referee and 2 linesmen will officiate the game.

If the ball is played outside of the pitch lines, then the possession is given to the opposing team either as a throw in, goal keepers kick (off the floor) or corner.

If a foul is committed a free kick or a penalty is issued (depending on the incident) To score a goal, the ball must cross the opposition's goal line. The team with the most goals at the end of the game will win the game

Skills

Dribbling - Dribbling allows you to move the ball around the field without losing possession. Keep the ball close to your feet at all times, when running with it. Use the inside of your foot to control the ball when moving. Don't look down when running with the ball. Keep your head up.

Passing - Non-kicking foot is closest to the ball. Kicking foot needs to be at a right angle to the ball Body over the ball Eyes focused upon the ball and arms are to be used for balance.

Shooting - Non kicking foot needs to be next to the ball and player needs to keep their body balanced with their head slightly over the top of the ball. Contact the ball either with the side of the foot (placement of ball) top of the foot (to generate power)

Both legs need to be flexed but when striking the ball, kicking foot needs to be fully extended on the follow-through. For accuracy, aim to shoot between the goalkeeper and the posts.

Heading- The forehead is used to contact the ball. Eye must be focussed on the ball. Meet the ball with your head by moving your feet or jumping to gain the extra height advantage and power. Do not wait for the ball to hit your forehead.

Chest- Used when the ball is played in the air, to bring it down on the floor. Player needs to align himself with the ball. Roll their shoulders back to generate a greater surface for the ball to contact with. Chest needs to be slighter curved, to cushion the ball. Bend you needs to take the impact of the ball and then allow the ball to roll down your leg to your kicking foot.

Volley – The volley involves striking a ball that is still in the air. Focus eyes upon the ball. Arms out for balance. Keep eyes focused on the ball as you get into the line of flight. Head still. Non kicking foot on the floor and lead with kicking leg forward.

Football

Team Formation s

4-4-2 (4 defenders, 4 midfielders, 2 strikers) A traditional team set up **5-4-1** (5 defenders-4 midfielders and 1 striker) a more defensive set up **3-5-1-1** (3 defenders, 5 midfielders and 2 strikers 1 in front of each other) A more attacking set up.

Short Term Effects of Exercise

1. Increase uptake of oxygen
2. ncreased production of Carbon-dioxide
3. Raised heart-rate
4. Raised body temperature
5. Redistribution of oxygen to working muscles
6. Muscle fatigue

Long Term Effects of Exercise

1. Cardiac Hypertrophy
2. Increased Vital capacity
3. Increased production of energy from the aerobic system
4. Muscle hypertrophy
5. Increase in one density

