



## KEY KNOWLEDGE

During this half-term, you will develop skills and techniques in football. You will be developing core and advanced skills, building towards your assessment in the 'range of skills' (AF1), and 'quality of skills' (AF2). You will also be assessed throughout the year in 'physical and psychological attributes' (AF3), 'skill application' (AF4), and 'leadership skills' (AF5). The skills you'll develop will transfer to GCSE PE and Sport Studies courses offered at KS4.

Y7

Autumn 1  
Football

## Control, Accuracy and Fluency

You will be assessed on how well (quality) you can perform the key skills, considering **control**, **accuracy** and **fluency**.

Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

## 5 minute Challenge

1. Name as many positions as you can.
2. Name the part of foot used for a short pass.
3. Name the parts of the body you use for control.
4. Name the part of the foot used for lofted passes.
5. Practice 'keepy uppies', how many can you do?

## KEY VOCAB

Range	😊 😐 😞	Range	😊 😐 😞
Ball Control: using both feet		Ball Control: using chest	
Passing: short on ground		Ball Control: using thigh	
Passing: long on ground		Non dominant foot passing	
Passing: short lofted		Dominant foot shooting: use of swerve	
Passing: long lofted			
Shooting: short range			
Shooting: long range			
Dribbling: use of both feet			
Dribbling: close control			

Core skills

Advanced skills

## Physical Education

SPEAK  
READ  
ARTICULATE  
THINK  
QUESTION  
WRITE  
SPELL



## LINKS FOR FURTHER RESEARCH

Passing:

[https://www.youtube.com/watch?v=\\_kbC4hzcTo](https://www.youtube.com/watch?v=_kbC4hzcTo)

Control:

<https://www.youtube.com/watch?v=ZCms9ihShWc>

Dribbling:

<https://www.youtube.com/watch?v=VsVzIXU3u9k>

## BROADEN YOUR KNOWLEDGE

