












Year 8 Topic Overview - Football

Know it!

	Knowledge	Date
	I can pass over a longer distance using a various parts of my feet.	
	I can gain control of the ball quickly with various parts of my body.	
	I can tackle successfully during a competitive situation.	
	I can dribble past a defender using changes in speed and direction.	
	I can change direction using various turns whilst maintaining control.	
	I can shooting at goal with increasing power and success.	
	I can maintain fitness levels in a 7v7 game for longer periods.	
	I can lead an effective warm-up, identifying major muscle groups used in football.	
	I can explain some rules for a successful game in football.	
	I can demonstrate leadership of a small group.	
	I can communicate with my group of players and a football team.	

Prove it!

Head Understanding	I can apply my understanding of skills and techniques to improve my own and others' practical performance	
Heart Respect	I have developed respectful relationships with my team mates and peers.	
Hands Competitive	I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of sports in competitive activities	

Link it!

I can transfer skills and understanding from Football to other invasion games.
I can demonstrate respect for other competitors and equipment from one activity to another.
Greater skill level and competitiveness will help me to improve my performance in more sports.
I am aware of further opportunities to be involved in Football outside of lessons.

Say it!

Vocabulary	
Major Muscles	My large groups of muscles used for football include: the upper legs (quadriceps/hamstrings) and the lower legs (gastrocnemius).
Leadership	I can help to lead , guide, encourage and support team mates and peers.
Communicate	I can explain rules and tactics to team mates to improve success of play.
Shielding	I shield the ball from opponents using my body to stop them from tackling me and losing possession.
Dribble	I dribble the ball with my feet showing control to move the ball forward, into space or away from opponents.
Defend	I defend my goal by limiting opposition players' space and directing them away from my goal.
Turns	I turn away from opponents to maintain possession and to move into space or toward the opposition goal (drag-back, outside foot, Cruyff).
Shooting	I shoot at goal in a variety of ways with increasing success (side foot, laces, lofted).
Volley	I volley the ball by kicking it whilst it is still in the air.