

Lesson 4: Physical Education

This lesson offers a number of games and exercises designed to improve footballing skills at the same time as promoting inclusion.

Aim:

To introduce the class to basic and more advanced football skills and techniques, in an innovative and enjoyable way

Objectives:

- To improve team skills
- To introduce football in a non-competitive context (through dance)
- To highlight and improve on the creative skills involved in football

National Curriculum Links:

PHYSICAL EDUCATION: KS4 AO1, AO2, AO3

DANCE: KS4 AO2

Materials:

Large open space (e.g. gym), footballs, cones, blind-folds, stereo, music track

Note: The main aim of this lesson is accomplished through exercise 4, 'Footy Skills Dance Routine'. We advise that you use exercises 1,2 and/or 3 as brief warm-ups, leaving 30 minutes to complete exercise 4. Alternatively you could spread the four exercises over two lessons.

1. Blind-fold slalom

- Split the group into teams of around 5.
- Each team sets up four cones in a straight line.
- One member of the team stands at the head of the cones, and the rest of the team at the other end, blind-folded.

- The person without a blind-fold gives verbal directions, which the first blind-folded team member must follow, in order to dribble a ball slalom-style around the cones.
- When the person reaches the end, they remove their blind-fold. The leader takes the football to the next blind-folded person, puts on a blind-fold and joins the end of the queue. The person who has just completed the slalom now becomes the leader.
- All members of the team must complete the slalom, and the team that finishes first wins.

Modifications: If the students are not comfortable with dribbling, first do the game without blindfolds, then with blindfolds but without the ball, and finally in full.

2. Elimination Football Stations

- Using one half of a basketball court (better if it is played indoors) place 12-15 pairs of cones around the court, spacing them at least 1/2 metre apart.
- Each person has 1 pair of cones to defend. The aim of the game is to eliminate people from the game by knocking one of the two cones over. You can also be eliminated if you knock your own cone over with your feet.
- 3-4 substitutes are on the sidelines. Once you have been eliminated you go to the end of the side line and the substitutes move up one space. The first substitute replaces the person who was eliminated.
- The person who goes in is not in the game until their cones are setup again. If a cone is struck but only slides along the floor, the person is not out, however they must leave the cone where it is and defend it as well.
- You can use two balls at one time to make sure people are regularly getting eliminated.
- Football rules apply and students are encouraged to move around the court instead of always standing still.

Modifications: If people aren't getting eliminated, either add an extra ball or throw in extra players who are called 'terminators'. Their job is to eliminate people out of the game.

3. Pass and chip

- An ideal number of players per team is 4. The goalies are neutral and play for either team.
- Designate an area for each pair of teams plus one goalie.
- Players use the dribbling and passing skills they have worked on in previous exercises. The object is to complete a designated number of passes (for example 3, or to be tougher everyone on the team must touch the ball).
- After the passes are completed the ball must be chipped up to a goalkeeper for him/her to catch. This scores a point for the chipping team.
- Remember, goalies are neutral. Once the goalie catches the ball he/she must then distribute the ball back to the scoring team using a roll or throw.
- Players may try to jump up and head the ball away from the goalie for defence.
- If the ball goes out the opposing team will put the ball back in play with a throw-in. Players may only use feet, with the exception of the goalie.
- Games are played to 10 points.

Teaching cues:

Players must constantly move to help out team-mates.

This game requires moving to space, support, and communication among team-mates.

Goalkeepers must move to space and to receive the ball as well.

Players may dribble the ball as long as they want, however passing is stressed.

Defensive marking and help is also stressed.

Modifications:

Players get only one or two touches

Higher number of pass completions

Points scored for splitting the defence (passing between two defenders).

Goalkeepers are stationary

4. Footy Skills Dance Routine

Take students through some basic footballing techniques. Some they may know already, others may be new. Techniques might include:

Passing (inside/outside of the boot)

Dummying

Chesting

Heading

Clearance

Step-over turn (left-right/right-left)

Cruyff turn

Pirouette (Zidane-style spin)

Scissor Kick

Note: If you are not familiar with some or all of these moves, examples can be found on www.youtube.com. Alternatively, ask more experienced footballers from the group to demonstrate each move, and make sure that there is a more experienced player in each group of four.

- Ask students to practice these techniques in small groups (of around 4). They should practice the moves both with and without a ball.
- Play the students a song (we suggest 'Back to Black' by Amy Winehouse, but any rhythmic popular song will do).
- Explain that the students are to work in their groups to create a short choreographed dance to the song, using the football moves they have just practiced. They can decide whether or not to use balls as part of the dance.
- Encourage students to respect the rhythm of the song.
- Moves may be used more than once.

- Try to find a fluid progression between the moves.
- Not all of the group have to do the same moves at the same time (eg. 2 may be doing a chest, while 2 do a dummy, etc.)
- Allow students 15 minutes to work on their choreography before sharing with the rest of the group.