



# Physical Education

## Ball Skills Feet Foundation

### Unit Purpose

The unit of work will enable pupils to **explore** moving with a ball using their feet.

Pupils will develop their technique of **dribbling** the ball and understand where and why we dribble, **keeping control**.

### Inspire Me

**Did you know...** that India withdrew from the FIFA World Cup in 1950 because they were not allowed to play in bare feet. We must always wear the right footwear to remain safe when playing sport.



### Key Success Criteria

- P** Pupils will develop their ability to dribble the ball keeping control. Pupils will move the ball into spaces avoiding any defenders.
- C** Pupils will apply developing concentration skills as they focus on the ball and listen to all the instructions.
- S** Pupils will develop life skills such as fairness and empathy as they encourage and support each other.
- W** Pupils will apply their skills with developing success as they demonstrate courage and self belief to keep working as hard as possible.

### Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.

**Defender:** We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.

**Space:** is an open area on the pitch that is unoccupied by a defender or the defending team. The attacker in possession of the ball needs to identify open spaces to move into to keep the ball away from the defenders.

**Opponent:** means a player on the other team. If we are an attacker dribbling we need to keep the ball away from the defender who is our opponent.



### Sport Specific Vocabulary

**Dribbling:** is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.

**Control:** means keeping the ball close to us, preventing the defenders from gaining possession.

