

## **Lesson 1/6**

# **To dodge an opponent whilst running and change direction quickly**

### **Success Criteria**

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#### **To be able to:**

- Dodge a defender using a variety of different techniques**
- Move away from crowded areas into space**
- Change direction quickly, make sharp turns and off balance the person trying to defend them**

## **Lesson 2/6**

# **To dribble a ball using their hands when stationary and whilst moving**

### **Success Criteria**

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#### **To be able to:**

- **Dribble a ball with their hands in a stationary position**
- **Understand how they need to bounce the ball to keep control**
- **Change speed and direction safely and under control**

**Lesson 3/6**

# **To dribble a ball using their feet**

## **Success Criteria**

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**To be able to:**

- Dribble the ball with their feet, keeping it under control**
- Move in a variety of directions whilst keeping the ball under control**
- Change speed and direction safely and under control**

## **Lesson 4/6**

# **To move with a ball using a variety of techniques against an opponent**

### **Success Criteria**

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#### **To be able to:**

- **Play against an opponent and understand how to keep the ball under control**
- **Know what technique is needed depending on the game and/or ball**
- **Know what equipment can be used for to create multi skilled games**

## **Lesson 5/6**

**To show control and accuracy with the basic actions of throwing, rolling and kicking a ball**

### **Success Criteria**

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**To be able to:**

- **Track balls and other equipment, moving in line to collect them and understanding when ball is at the top of its bounce**
- **Throw and kick a ball in a variety of ways, depending on the game**

## **Lesson 6/6**

# **To play small games using the techniques learnt**

### **Success Criteria**

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#### **To be able to:**

- Play small games using the skills learnt throughout the term**
- Dodge and avoid players on the opposite teams**
- Understand basic rules of games and can follow them**