

Recap: What do we know about football?

Lesson 1/6

To dribble a ball using different surfaces of the foot whilst up against a defender

EDSTART KNOW

- I can explain when and why we dribble in football.
- I can describe how to use different parts of the foot to control the ball.
- I can understand how bending my knees helps me change direction quickly.

EDSTART GO

- I can dribble with close control using both feet.
- I can beat a defender using turns and quick changes of direction.
- I can protect the ball and move it into space.

EDSTART SHOW

- I can encourage my partner when dribbling against defenders.
- I can play fairly in 2v2 games.
- I can respect my teammates and opponents during challenges.

Recap: To dribble a ball using different surfaces of the foot whilst up against a defender

Lesson 2/6

To pass the ball over a short distance

EDSTART KNOW

- I can explain how to pass using the inside of my foot.
- I can describe how to aim and follow through for accuracy.
- I can understand when to pass instead of dribble.

EDSTART GO

- I can pass the ball accurately to a partner.
- I can use both feet when passing.
- I can combine passing with movement into space.

EDSTART SHOW

- I can encourage my partner when practising passes.
- I can work with my team to keep the ball.
- I can respect others in competitive passing games.

Recap: To pass the ball over a short distance

Lesson 3/6

To understand the role of the defender

EDSTART KNOW

- I can explain how to stand correctly when defending.
- I can describe how to show an attacker away from goal.
- I can understand when to try and win the ball and when to delay.

EDSTART GO

- I can close down attackers quickly and safely.
- I can stay balanced while defending.
- I can tackle fairly and regain possession.

EDSTART SHOW

- I can respect opponents when defending.
- I can support my teammates by covering space.
- I can encourage my partner during 1v1 defending.

Recap: To understand the role of the defender

Lesson 4/6

To shoot the ball towards a target using the correct technique

EDSTART KNOW

- I can explain the ABCs of shooting (Angle, Balance, Contact).
- I can describe how to use different types of shot.
- I can understand where to aim when shooting.

EDSTART GO

- I can strike the ball with my laces for power.
- I can place the ball accurately into a target.
- I can use first-time shots when the ball is moving.

EDSTART SHOW

- I can respect my goalkeeper and attackers during shooting games.
- I can celebrate my teammates' goals.
- I can play fairly in shooting competitions.

Recap: To shoot the ball towards a target using the correct technique

Lesson 5/6

To understand the basic rules of football

EDSTART KNOW

- **I can explain the basic rules of football.**
- **I can describe how a player is fouled or offside (if relevant).**
- **I can understand when to dribble, pass, or shoot.**

EDSTART GO

- **I can play small-sided games following the rules.**
- **I can use different skills in a game.**
- **I can apply techniques I have learned in matches.**

EDSTART SHOW

- **I can respect referees and their decisions.**
- **I can support my teammates in competitive games.**
- **I can show fairness whether I win or lose.**

Recap: To understand the basic rules of football

Lesson 6/6

To play small-sided games using the techniques shown throughout

EDSTART KNOW

- I can explain the benefits of playing small-sided games.
- I can describe how tactics help my team.
- I can understand when to attack and when to defend.

EDSTART GO

- I can dribble, pass, and shoot in match play.
- I can use tactics with my team in games.
- I can make good decisions on and off the ball.

EDSTART SHOW

- I can respect opponents and officials.
- I can encourage my team during games.
- I can show good sportsmanship after matches.