

**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.