

Recap: What do we know about football?

Lesson 1/6

To dribble a ball using their feet

EDSTART KNOW

- I can explain when and why we dribble with the ball.
- I can describe how to keep the ball close using small touches.
- I can understand how to move away from defenders while dribbling.

EDSTART GO

- I can dribble with control using different parts of my feet.
- I can change speed and direction while dribbling.
- I can keep the ball under control in games like The Gauntlet.

EDSTART SHOW

- I can respect defenders while trying to dribble past them.
- I can encourage my teammates when they practice dribbling.
- I can celebrate others' success when they improve control.

Recap: To dribble a ball using their feet

Lesson 2/6

To turn/change direction using different surfaces of the foot whilst up against a defender

EDSTART KNOW

- I can explain the different parts of the foot I can use to turn.
- I can describe how to bend my knees to push away with speed.
- I can understand why turning helps me lose a defender.

EDSTART GO

- I can turn using different parts of my foot.
- I can change direction while keeping the ball close.
- I can practise turns in 1v1 and 2v2 situations.

EDSTART SHOW

- I can respect my partner when practising turns.
- I can encourage others when trying new skills.
- I can share responsibility in team activities.

Recap: To turn/change direction using different surfaces of the foot whilst up against a defender

Lesson 3/6

To understand the role of the defender

EDSTART KNOW

- I can explain how to stand when defending.
- I can describe how to close down and pressure an attacker.
- I can understand when to tackle and when to delay.

EDSTART GO

- I can position my body between attacker and goal.
- I can close down space to stop attackers scoring.
- I can work with a partner in defending games.

EDSTART SHOW

- I can encourage teammates when defending together.
- I can respect attackers by tackling fairly.
- I can show patience even if I don't win the ball.

Recap: To understand the role of the defender

Lesson 4/6

To pass the ball over a short distance

EDSTART KNOW

- I can explain how to use the inside of my foot to pass.
- I can describe why short passes help my team keep possession.
- I can understand when to pass rather than dribble.

EDSTART GO

- I can pass accurately to a partner over a short distance.
- I can control the ball before passing it.
- I can complete passes in games like Passing Gates and Battleships.

EDSTART SHOW

- I can respect my teammates when receiving passes.
- I can encourage others during passing games.
- I can share feedback on passing accuracy.

Recap: To pass the ball over a short distance

Lesson 5/6

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 where to place my standing foot when shooting.
- I can understand how to strike the ball with my laces.

EDSTART GO

- I can shoot with power and accuracy at a target.
- I can combine passing and shooting in small groups.
- I can attempt different types of shots in conditioned games.

EDSTART SHOW

- I can respect goalkeepers and defenders when shooting.
- I can encourage my teammates when they score.
- I can celebrate others' success fairly.

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

Lesson 6/6

To play small-sided games using the techniques shown throughout

EDSTART KNOW

- I can explain the basic rules of football.
- I can describe when to dribble, pass, or shoot.
- I can understand how teamwork helps in matches.

EDSTART GO

- I can combine dribbling, passing, and shooting in games.
- I can follow football rules in small-sided matches.
- I can use tactics like teamwork and communication.

EDSTART SHOW

- I can respect referees and opponents.
- I can encourage teammates in matches.
- I can play fairly whether I win or lose.