
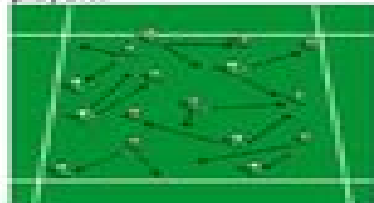


Lesson Plan

| | | | | | |
|--|--|--|---|--|-------------|
| Lesson: 1 | Year: 7 | Ability: Mixed | Gender: Mixed | Venue: Outdoors | Teacher: L5 |
| Activity: Football | Equipment: Cones, footballs, whistles, bibs | | | | |
| Aspect: Passing and receiving | | Key Words: Pass/receive/decision making/transfer skill control | | | |
| Basic skills to be covered in this lesson: | | | | | |
| Literacy X | | Numeracy X | ICT | SMSC X | |
| Assessment: Peer/Self/Teacher Assessment | | | Assessment Level: Far Exceeding Expectations/Exceeding Expectations/Meeting Expectation /Emerging | | |
| LEARNING OBJECTIVES: | | | | | |
| 1. All: Will warm up safely and appropriately for the activity by using a skill-based activity. | | | | | |
| 2. Most: Will be able to effectively explain and demonstrate a range of passing and receiving techniques. Will be able to peer assess their partners' work to improve performance. | | | | | |
| 3. Some: Will be able to demonstrate the learned techniques in a small-sided game situation. | | | | | |
| TASK | TEACHING POINTS | | | ORGANISATION | TIME |
| Introduction to lesson. | 1. Outline objectives for the session. 2. Lesson targeting all the above assessment level (E/M/E/EE/N/E.. learning new skills and linking them together in an effective performance. | | | All students in a designated area, specified by teacher. | 2 |
| Cardiovascular warm up | 1. Gradual warm up specific to football, targeting muscles will use today. Work around groups allocated area. 2. Jogging, heel flicks, high knees, high skips, short sprints, changes of direction. 3. Question to develop muscle knowledge when stretching, role of muscle in football performance. | | | Use 15mx15m squares for warm up. Students to work in groups of 4 if possible. See set up on attached session sheet. | 10 |
| Technical warm up | 1. Creating and filling spaces – pass and move to the free cone. Teaching Points: <ul style="list-style-type: none">Play off 1 or 2 touches (dependent upon ability), make good decisionsOn 1st touch cushion ball so remains out of feet.Place correct weight on pass. Students to practice using both feet where possible without pressure. Competition: – how many passes can you complete in 5 minutes? | | | Same area to be used. 5 cones, 4 players and 1 football in each area.  | |
| Passing | Side Pass Teaching Points: <ul style="list-style-type: none">Move parallel to the ball and place your non-kicking foot to the side of the ball.Hold your arms up and wide to support your balance.Keep your eye on the ball until you have it under your control.Look up to see where the best place is to pass it. | | | 1. Pass through the gates: 4 cones per pairing. 2. Loop Passing: receive the ball, take round the cone and pass back | |
| Passing and receiving techniques | 1. Pass and move to receive another ball. Teaching Points: <ul style="list-style-type: none">Communicate, make sure that you catch eyes with the player you want to pass to.Coaching points from above reinforced. Extension for more able: <ul style="list-style-type: none">Receive on half turn.Make decision were passing next before receive ball.Use a variety of passing and receiving skills. 2. Build in opportunities for peer assessment. | | | 40x40-area 14 balls to number of players.  | 7 |
| Application of skills | 1. Transfer of learned skills into a game situation. 2. 'When should we pass?' 'When under pressure.' 3. 'When should we run with ball?' 'When space to move into.' | | | Students place into 5 v 5 games. Playing across 1/3 pitch between halfway line and 18yard box. | 20 |

Teaching Flag Football Lesson Plans

Michelle Grenier



Teaching Flag Football Lesson Plans:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Teaching Flag Football Lesson Plans**

In a global inundated with displays and the cacophony of quick interaction, the profound energy and emotional resonance of verbal artistry often diminish into obscurity, eclipsed by the constant onslaught of noise and distractions. However, situated within the lyrical pages of **Teaching Flag Football Lesson Plans**, a charming function of literary beauty that impulses with raw emotions, lies an remarkable journey waiting to be embarked upon. Composed by a virtuoso wordsmith, this exciting opus guides visitors on a psychological odyssey, gently exposing the latent potential and profound influence stuck within the complicated internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is central subjects, dissect their fascinating writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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