

Y8 Autumn 1 Football

# **KEY KNOWLEDGE**

During this half-term, you will develop skills and techniques in football. You will be developing core and advanced skills, building towards your assessment in the 'range of skills' (AF1), and 'quality of skills' (AF2). You will also be assessed throughout the year in 'physical and psychological attributes' (AF3), 'skill application' (AF4), and 'leadership skills' (AF5). The skills you'll develop will transfer to GCSE PE and Sport Studies courses offered at KS4.

# Control, Accuracy and Fluency

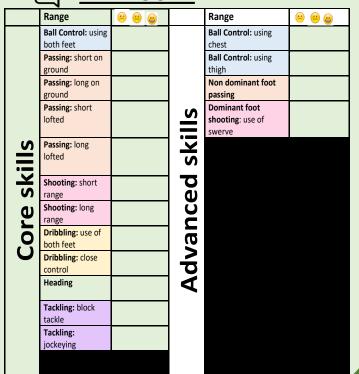
You will be assessed on how well (quality) you can perform the key skills, considering control, accuracy and fluency.

Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

#### 5 minute Challenge

- 1. Name your best position.
- 2. Explain what jockeying is.
- 3. What makes a tackle a foul?
- 4. What physical attributes would help whilst tackling?
- 5. Practice staying side on and jockeying an opponent so they cannot get past you.

# KEY VOCAB







#### **Block Tackle:**

https://www.youtube.com/watch?v=U9OcS2kPECk

## Jockeying:

https://www.youtube.com/watch?v=hgrStIbFls0

### **Decision Making:**

https://www.youtube.com/watch?v=LMFey9Atj2Y

## **BROADEN YOUR KNOWLEDGE**

