

FA Skills Programme – Medium Term Plan



School:	Example Academy	No of lessons:	6	Time:	50 Mins	Year:	2
Prior Learning:	Pupils have an emerging knowledge of Physical Education. They have been exposed to two hours of PE per week since coming into Year 1. They are familiar with games activities having been involved in basketball lessons as part of the previous half terms work. They enjoy PE and respond well to physical activity.						
Medium Term Learning Focus:	Attacking - Individual Possession						

Objectives	Technical (Doing)	Physical (Doing)	Psychological (Thinking & Doing)	Social (Discussing & Doing)
	<ul style="list-style-type: none"> - Pupils will learn to select and apply a range of individual possession skills linked to the attacking principles of play in invasion games 	<ul style="list-style-type: none"> - Pupils will learn to perform a range of movements which will allow for more success when attacking as an individual within a game 	<ul style="list-style-type: none"> - Pupils will learn to engage in competitive activities against themselves and others to be able to deal with challenging situations in order to improve their individual possession skills 	<ul style="list-style-type: none"> - Pupils will learn why safety, fairness and respect are important and how to apply these values in Physical Education
Learning Activities:				
<ul style="list-style-type: none"> -Semi opposed games – tag, chase and avoid games (getting past / getting away / keeping away from defender) -Opposed games (1v1s) -Small sided team games (3v3 / 4v4 / 5v5) -Modified games linked specifically to individual 	<ul style="list-style-type: none"> -Ball each activities -Semi-opposed games – tag, chase and avoid games (beating / losing / keeping ball away from defender) -Opposed games (1v1s) -Multi ball / multi pitch / multi goal games (allow for more repetition of individual possession) 	<ul style="list-style-type: none"> -Timed activities where pupils look to compete against themselves and improve their own scores -1v1s against a range of opponents with differing abilities -Small sided team games (3v3 / 4v4 / 5v5) against opponents with differing abilities 	<ul style="list-style-type: none"> -Teacher led question and answer as a class -Questions and discussion in pairs -Questions and discussion in small groups (3 or 4 pupils) -Challenges within games related to safety / fairness / respect 	
Questions & Challenges:				
<ul style="list-style-type: none"> -What does travelling with the ball under control look like? -How can changing direction with the ball help you keep control of the ball? -How might you move the ball if there is / is not a lot of people around you? -How can you move in different directions with the ball? 	<ul style="list-style-type: none"> -Where should you try to keep the ball when you are travelling with it? - What size of touches will help you do this? -What different parts of the foot might you use to touch the ball? - How does using these different parts of the foot allow you to move differently? -What part of your legs helps you change direction? 	<ul style="list-style-type: none"> -What did you / your team have to do in that activity? -What does success look like for you / your team in that activity? -Why were you / your team successful in that activity? -Why were you / your team unsuccessful in that activity? -If you are finding something difficult what things might you do that can help you? 	<ul style="list-style-type: none"> -What does playing safely mean? -What can we do to make sure that we don't risk safety of other people? -What does playing fairly mean? -What does it mean if we pick 'fair' teams? -what does respect mean? -When we are in a lesson, who should we respect? – How can we show respect for these people? 	
Where next?	Pupils will look to apply individual movements to create solutions to challenging situations as individuals and a team	Pupils will develop a variety of movements to help them create and exploit space as individuals within games	Pupils will try different ways to solve a problem, working with others to find imaginative solutions	Pupils will learn to build and maintain relationships with different members of the class

