


Learning Plan 1		Subject/Pwnc: Health and Wellbeing (PE) Football		Year/Blwyddyn: 7			
<p><u>The Four Purposes in Health and Wellbeing:</u></p> <p>Ambitious, capable learners, who: set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p>Enterprising, creative contributors, who: connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p>Ethical, informed citizens, who: find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p>Healthy, confident individuals, who: build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p> <p>Knowledge focus/what matters: Enhancing a range of oracy, analysis and evaluation skills across different invasion games. Develop</p>							
Learning objective/key question	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)		Homework/Gwaith cartref to support progress			
Week 1 8/9/25 Football – Passing and receiving	<ul style="list-style-type: none">Identify key terms related to football passing and receiving.Explain the importance of a warm-up.Demonstrate the different types of football passing effectively.Evaluate own and peers’ performance.Suggest improvements for improving own or peers’ passing (feedback).	<ul style="list-style-type: none">I can recall a list of different passes in football.I can use oracy skills to describe why a warm-up is important.I can confidently demonstrate effective passing in practice and small sided modified gamesI can use analysis and evaluation skills on my own and peers’ performance.I can construct suggestions for improvements for my own and peers’ passing techniques.		Wk 1	<p>Homework:</p> <p>Set:8/9/25</p> <p>Due:15/9/25</p>		
Week 2 15/9/25 Movement with the ball: Dribbling, receiving, turning	<ul style="list-style-type: none">Describe the different forms of dribbling you can do in footballDemonstrate different dribbling techniques, keeping controlAnalyse my own performance.	<ul style="list-style-type: none">I can explain and accurately describe the different rules applied to the footwork rule.I can transfer this knowledge and demonstrate various types of dribbling in both non-competitive and competitive situations.I can set a personal goal at the start of the lesson and review my performance at the end of the lesson.		Wk 2	<p>Homework: W</p> <p>Set:15/9/25</p> <p>Due:22/9/25</p>		

<p>Week 3 22/9/25 Passing variations</p>	<ul style="list-style-type: none"> • Describe the various passing options in football • Demonstrate a range of different passes in varying situations • Analyse and evaluate my own performance. 	<ul style="list-style-type: none"> • I can recall and explain at least 3 types of passing • I can demonstrate the different types of passing correctly and consistently in both practice and competitive situations. • I can set a personal goal before demonstrating a dodge (e.g. sprint in one direction without stopping) and reflect after the demonstrating whether I achieved my goal, identify what went well (strengths) and what needs work (areas for improvement). 	<p>Wk 3</p>	<p>Homework: Watch a football game on Youtube or live.</p> <p>Set:22/9/25</p> <p>Due:29/9/25</p>
<p>Week 4 29/9/25 Shooting</p>	<ul style="list-style-type: none"> • Describe different ways of being able to shoot • Apply and demonstrate shooting using key teaching points. • Understand how to create space • Analyse a shot, as well as, providing feedback. 	<ul style="list-style-type: none"> • I can explain that there are different types of shooting in football, and that they require different techniques. • I can demonstrate at least one form of shooting in both a practise situation as well as competitive situation. • I can self-evaluate my performance using digital resources (ipad). 	<p>Wk 4</p>	<p>Homework:</p> <p>Set:29/9/25</p> <p>Due:6/10/25</p>
<p>Week 5 6/10/25 Attacking/Outwitting an opponent</p>	<ul style="list-style-type: none"> • Develop knowledge of how to outwit an opponent using previous skills • Apply and demonstrate the key techniques and making an informed decision • Analyse own and others performance using appropriate feedback techniques 	<ul style="list-style-type: none"> • I can explain how both as a team and individual we can attack, or outwit an opponent using specific techniques or tactics. • I can demonstrate some/most/all of these attacking techniques in a drill. • I can analyse and evaluate my peers' that are demonstrating the best attacking techniques within the class with evidence to support. • I can confidentially apply some/most/all of these attacking technique/tactics within a competitive situation. 	<p>Wk 5</p>	<p>Homework:</p> <p>Set:6/10/25</p> <p>Due:13/10/25</p>
<p>Week 7 13/10/25 How to defend an opponent</p>	<ul style="list-style-type: none"> • Demonstrate the ability to defend and using the right skills to defend an opponent. • Apply knowledge of when and where to defend • Asses my own and teams performance 	<ul style="list-style-type: none"> • I can explain how to carry out the different defensive techniques whilst marking a person with and without the ball, man-to-man, marking a zone, intercepting and blocking. • I can demonstrate some/most/all of these defensive techniques in a drill. • I can analyse and evaluate my peers' that are demonstrating the best defensive techniques within the class with evidence to support. • I can confidentially apply some/most/all of these defensive techniques within a competitive situation. 	<p>Wk 6</p>	<p>Homework:</p> <p>Set: 13/10/25</p> <p>Due:20/10/25</p>
<p>Week 7 20/10/25 Assessment Week</p>	<ul style="list-style-type: none"> • Demonstrate my understanding the importance of assessing within a game situation. • Apply and demonstrate the knowledge and understanding so far in the unit. • Analyse their own performance 	<ul style="list-style-type: none"> • I can recall and describe different passes, dribbling, shooting and attacking/defending tactics • I can demonstrate the above within a competitive situation. • I can evaluate my own performance using digital resources (ipad) and set a personal goal (EBI) ready for the final assessment lesson next week. • I can explain and record what my WWW and EBI within the netball game (Summary). 	<p>Wk 7</p>	<p>Homework:</p> <p>Set:</p> <p>Due:</p>