

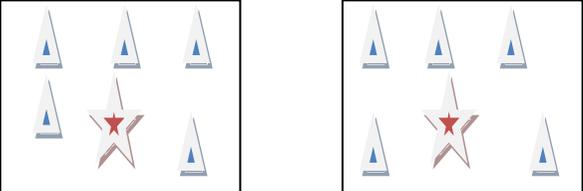
Stage: Yr 3-4 - Kicking

Content Outcomes:

Lesson Number: 1

Resources/Equipment

Footballs, Cones (minimum of 3 colours), goals

LESSON SEGMENT & TIMING	CONTENT/LEARNING EXPERIENCES	KEY TEACHING POINTS	ORGANISATION/PROCEDURE
<p><b>Warm Up(5 mins)</b></p> <p><b>Lesson Content (10 mins)</b></p>	<p>Goal Kicking</p> <p>Mark Ups</p>	<ul style="list-style-type: none"> <li>• Set Up- Aim the body at the target (between the goals)</li> <li>• Drop- ball over kicking foot.</li> <li>• Kick- Swing striking leg with pointed toe towards the target.</li> </ul> <ul style="list-style-type: none"> <li>• Kicking to a target</li> <li>• Aim to hit the targets chest.</li> </ul> 	<p><b>Goal Kicking</b></p> <p>6 Markers to spread out in front of the goals at an appropriate distance.</p> <ul style="list-style-type: none"> <li>- Front line all kick together</li> <li>- Count amount of footballs that go through</li> <li>- Swap lines once everyone has had a kick.</li> </ul> <p><b>Marks Up</b></p> <p>Groups of 5, 4 players spread to make a 10x10m square. Players kick the ball to player in the middle to mark. Mark the ball and swap with the player in the middle. Objective- First group to have every player mark the ball in the middle</p>
<p><b>Modified Game (10mins)</b></p>	<p>Kick Tennis</p>	<ul style="list-style-type: none"> <li>• Moving/ creating space before kicking</li> <li>• Getting into a good position to steady then kick.</li> </ul> 	<p><b>Kick Tennis</b></p> <p>Groups of 6 (5 attacking, 1 defender) per grid. Objective- Kick the ball into the opposite square, keeping it away from the defender. Once the ball is marked is must be handballed twice before it is then kicked.</p>
<p><b>Conclusion ( 5mins)</b></p>			