

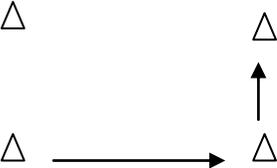
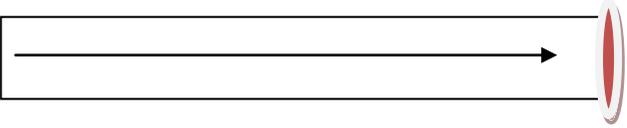
Stage: Yr 5-6 - Kicking

Content Outcomes:

Lesson Number: 1

Resources/Equipment

Football, Cones (minimum of 3 colours), goals

LESSON SEGMENT & TIMING	CONTENT/LEARNING EXPERIENCES	KEY TEACHING POINTS	ORGANISATION/PROCEDURE
<p>Warm Up(5 mins)</p> <p>Lesson Content (10 mins)</p>	<p>Goal Kicking</p> <p>Square Kick</p>	<ul style="list-style-type: none"> • Set Up- Aim the body at the target (between the goals) • Drop- ball over kicking foot. • Kick- Swing striking leg with pointed toe towards the target. <ul style="list-style-type: none"> • Kicking to a target • Aim to hit the targets chest. 	<p>Goal Kicking 6 Markers to spread out in front of the goals at an appropriate distance.</p> <ul style="list-style-type: none"> - Front line all kick together - Count amount of footballs that go through - Swap lines once everyone has had a kick. <p>Square Kick Set Up 15x15m square. 4-7 players behind each marker. 1 football (can add in more)</p> <p><u>Stationary Kick</u>- Kicking to next player at the hat. Mark the ball, then kick to the next.</p> <p><u>Lead</u>- Late lead down the line to receive a pass from the partner.</p>
<p>Modified Game (10mins)</p> <p>Conclusion (5mins)</p>	<p>End Zone</p>	<ul style="list-style-type: none"> • Moving/ creating space before kicking • Getting into a good position to steady then kick. 	<p>End Zone Set up a 25x15m space as the playing field, class is split into 2 teams. Attacking team is to move the ball from their end of the field to other "End Zone" . Mark the ball behind the line to score. Cant run with the ball. Drop ball is turn over (optional rule). Kick only or must kick after 2 handballs.</p>