

Knowledge Organiser

Football Year 5

About this Unit

Football is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

In this unit, you will learn the fundamental movement skills and strategies needed to play football effectively. You will need teamwork, spatial awareness, and game tactics.

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

The origins of modern football can be traced back to the mid-19th century in England, but the game has roots that stretch back even further. One of the earliest known versions of a game similar to football was called "cuju," which was played in China during the Han Dynasty (206 BC – 220 AD). Cuju involved players kicking a leather ball filled with feathers through a small opening into a net, and it was often played as a form of military training.

Can you think of any other invasion games that share these principles?



Key Vocabulary

ball carrier: player in possession
close down: to reduce the amount of space for an opponent
create: to make space
decision: the choice and action made
delay: to slow down
opposition: the other team
possession: to have
pressure: to add challenge

situation: circumstances that create the environment
sportsmanship: play fairly, respect others and be gracious in victory and defeat
tactics: a plan to help you attack or defend
support: to help
tactics: a plan that helps you to attack or defend
tournament: a competition of more than two teams

Ladder Knowledge



Sending & receiving:

Not having a defender between you and the ball carrier helps you to send and receive with better control.

Dribbling:

Dribbling in different directions and at different speeds will help you to lose a defender.

Space:

Moving to space even if you do not receive the ball will help to create space for a teammate.

Movement Skills

- run
- dribble
- pass
- receive
- track

This unit will also help you to develop other important skills.

Social communication, respect, co-operation

Emotional honesty, perseverance, independence, self regulation, determination

Thinking identify, creativity, make decisions, select and apply skills and tactics

Rules

- No fouling (not too much contact - pushing etc). Fouls result in a free kick for the opposition.
- If the ball goes off the sides of the pitch the opposition have a 'kick-on'.
- A kick on from the corner is taken if the ball goes out of play on a goal line (back line) and is kicked out by the defending team.
- A goal kick is taken if the ball goes out of play on a goal line and is kicked out by the attacking team.
- When a goal is scored, the conceding team restarts the game with a goal kick.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a football club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Dribble and Shoot

What you need: a ball, 6-8 markers

How to play:

- Set up cones in a straight line or zigzag.
- Place the goal 5-10 meters from the last cone.
- Dribble the ball through the cones.
- Shoot to score through the goal

Challenge:

- Add a defender.
- Time yourself - how many goals can you score? Can you improve on your record?

Top tips:

- Use inside and outside of both feet to dribble.
- Use little touches to keep the ball close.
- Keep your head up while dribbling.
- Aim for different parts of the goal.

www.getset4education.co.uk

© Copyright Get Set 4 Education Ltd.

Head to our youtube channel to watch the skills videos for this unit.

@getset4education136