**Year 3, Football, Lesson 3**

**Objectives**
- To be able to move safely within a group.
- To try and outwit your opponent.
- To be able to play in a small sided game

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<th>Lesson Structure</th>
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| **Introduction/ warm up (Connection and Activation)** | 10 min | a) Change way of being untagged, jumping jacks, march on spot for 20 sec etc…  
| Everyone’s “IT” Frozen Tag | | b) Have children travel in different ways  
| Students get into scattered formation. Every student is a tag. On the teachers signal run around and attempt to tag others. (tag rugby belt could be used)  
| If tagged, a student stands where they are and holds their hands out in front. Students can be freed by players by receiving 3 high 5’s.  
| All children to move with eyes up and no bump | | c) Change the game to children can only move on the lines in the hall or playground  
| **Main (Development/ Application)** | 15 min | a) Increase or decrease distance between players  
| Play 1v1 balancing game working from RTB (Static balance small base) | | b) Fielder could feed a header or volley  
| Work in groups of 3, with 2 of you standing opposite one another on a line, each protecting a small goal. Select different skills (roll, bounce, kick) and try to send the ball pass your opponent into the goal. Third person can act as fielder and return the ball to the game. Goalkeeper must try to remain balanced on their line while still trying to save the ball.  
| How can we make it hard for the keeper? Throw/kick to the sides? Look one way and send the other?  
| Play 3v3 | 15 min | c) Have keeper stand with their back to the opposing player and turn on the count of 3  
| Depending on group ability have children play a 3v3 sending a ball by rolling, throwing or kicking to one another  
| Remind children of last week passing drills. Passing and moving? Calling? | |  
| **Warm Down Penalty Shoot Out** | 5 min |  
| Each child to take 3-5 penalties against one another | |  

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