



Key Stage 3 Football 2024 Onward

N A T C	Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques				Pupils should understand what makes a performance effective and how to apply these principles to their own and others' work				Pupils should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity			
	Est -	Est	Est +	Dev -	Dev	Dev +	Mast -	Mast	Mast +	Exc -	Exc	Exc +
P A T H												
I N T E N T	Health & Safety	Dribbling	Ball Control	Passing	Basic rules	Shooting	Marking	Tackling	Refereeing	Outwitting opponent	Positional play	Volleying & Heading
S H O W	Identify hazards presented by the performance area Identify hazards presented by the equipment Identify hazards presented when playing	Keep the ball under control when moving forward Use different parts of the foot to keep the ball under control when changing direction Demo two ways of turning with the ball	Cushion the ball with the inside of the foot Cushion the ball with the weaker foot Cushion the when receiving passes over longer distances	Basic side foot passing over short distances Moving into space to enable a pass to be made Passes that create goal-scoring opportunities	Know when ball is out of play Appreciate the variety of rules possible regarding the penalty area Demonstrate correct throw-in technique	Simple side-foot finishes from a close distance More powerful shots using 'laces' part of the foot Good decision making when one-on-one with the GK	Effective man-to-man marking Marking space when appropriate Effective communication with teammates regarding marking	Use a shoulder charge to win the ball from an opponent Adopt side-on position and steer opponent away from goal Time a 'poke' tackle that dispossesses an opponent	Adopt a position that allows accurate decision making Use whistle to stop the game when necessary. Use: 1. Whistle 2. Why I've blown 3. What next...	Outwit an opponent when moving into space Outwit a defender whilst dribbling Outwit a goalkeeper when shooting	Maintain an effective on-field position when playing as a defender Maintain an effective on-field position when playing as a midfielder/attacker	Accurately volley a pass to a teammate Accurately shoot using a volley Effectively head the ball in both attacking and defensive situations
K N O W	YEAR 7 STUDENTS WILL APPLY KNOWLEDGE OF THE SKELETAL MUSCLES TO THE MOVEMENTS TAUGHT IN LESSONS YEAR 8 STUDENTS WILL APPLY KNOWLEDGE OF THE COMPONENTS OF FITNESS TO THE MOVEMENTS TAUGHT IN LESSONS YEAR 9 STUDENTS WILL APPLY KNOWLEDGE OF THE PRINCIPLES OF TRAINING TO THE SPORT OF FOOTBALL											
V I R T U E S	Determination				Perseverance				Resilience			