

# Knowledge Organiser

## Football Year 3 and Year 4

### 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.

#### Bally ballerson!

Early versions of football can be traced back over 3000 years to the Mesoamerican civilisation where the ball they played with was actually a rock! Ancient Chinese civilisations used a round ball made out of feathers or fur, the Aboriginals used balls made of leaves and in Medieval Europe the ball was made out of a pig's bladder. When football as we know it grew in popularity, the ball changed too and nowadays, the ball is made out of leather.



#### Invasion Games Key Principles

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

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

### Key Vocabulary

**accelerate:** speed up  
**communicate:** share information  
**control:** being able to perform a skill with good technique  
**cushion:** take the power out of an object  
**decision:** select an outcome  
**delay:** to slow an object or player  
**deny:** to prevent an action happening  
**invasion:** a game of two teams who invade each other's space to score goals  
**opposition:** the other team  
**option:** possible choices  
**pitch:** the space used for the game  
**possession:** to have  
**referee:** the person who makes sure the rules are followed  
**tournament:** a competition of more than two teams  
**track:** to move your body to get in line with a ball that is coming towards you



#### Healthy Participation

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

#### Ladder Knowledge

##### Sending & receiving:

**Year 3:** point your kicking foot to your target when sending the ball to help to send it accurately.

**Year 4:** cushioning the ball will help you to control it when receiving it.

##### Dribbling:

**Year 3:** dribbling is an attacking skill which helps you to move towards a goal or away from each other.

**Year 4:** using changes of direction and speed when you dribble will help you to maintain possession.

##### Space:

**Year 3:** spreading out as a team will help to move the defenders away from each other.

**Year 4:** moving into space will help your team keep possession and score goals.

##### Attacking and defending:

**Year 3:** as an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.

**Year 4:** as an attacker shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space. As a defender mark a player to stop them from being an option. Try to intercept the ball as it is passed.

#### Movement Skills

- dribble
- pass
- receive
- track

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

#### Social

co-operation, respect, communication

#### Emotional

determination, honesty, persevere, independence

#### Thinking

decision making, comprehension, select and apply, use tactics

#### Rules

- Physical fouls include pushing, tripping, pulling, overly aggressive play.
- You cannot touch the ball with your hands.
- If either of these rules are broken, a free kick is awarded to the other team. All players must be five big steps away from the person taking the free kick.
- If a ball goes out of play on a side line, a throw in is taken by the team who did not have last contact with the ball.
- A corner is taken if the ball goes out of play on a goal 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.

#### Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals..



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



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Home Learning

#### Shrink and Move

What you need: A ball and three markers e.g. cushions



Get Set 4  
Education

##### How to play:

- Place two markers 2m apart to create a goal and the third marker 3m away as the starting point.
- Attempt to kick the ball through the goal.
- If successful, shrink the goal making it smaller. Repeat, trying to kick the ball through the goal.
- If successful, shrink the goal again and repeat.
- When the goal is sized, the next challenge is to move the start cone back 1m.
- If successful, repeat moving the start cone back again.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.  [@getset4education136](https://www.youtube.com/@getset4education136)