



Physical Education | Football | Year 4

Prior Learning and Learning Links

Year 1 and 2 ball skills

Sporting Hero

Jordan Henderson is an English professional footballer who plays as a midfielder for Premier League club Liverpool and the England national team. Henderson joined the Sunderland Academy at the age of eight, making his first-team debut a decade later in November 2008. He spent six months on loan at Coventry City in 2009, before returning to Sunderland. In 2011, Henderson signed for Liverpool, winning his first trophy with the club, the League Cup, one year later. Appointed Liverpool captain in 2015, Henderson won the UEFA Champions League, the UEFA Super Cup and the FIFA Club World Cup in 2019, and in 2020 led his team to the Premier League title, the club's first league title in 30 years. .



Key Vocabulary

Pitch: a rectangular marked area where the game is played.

Goal keeper area: the area marked on the pitch where the goalkeeper can handle the ball.

shooting: a player kicks the ball aiming past the keeper into the goal net.

passing: a player kicks the ball aiming the ball towards one of their team mates.

Tackling: a player takes possession off the other team by kicking the ball off them, this can be done using a standing tackle or a slide tackle.

Foul: this is when a tackle is made unfairly not within the laws of the game. If made in the goal keepers area this will result in a penalty.

Key Knowledge

To win the game your team must score more goals than the other team.

To score a goal you have to get the ball in the net using any part of the hand except for hand or arm.

If the ball leaves the pitch via the side, the game recommences with a throw-in.

It is important when tackling to gain possession of the ball to make good contact with the ball.

If a goal is scored play recommences from the middle of the pitch with a centre kick.

Key Skills

Pass the ball using the side of your foot for more accuracy.

When shooting the ball at goal make contact with the laces on your boot to generate more power.

When taking a throw-in make sure arms are behind the head with 2 feet on the floor.

Dribble the ball using both feet keeping the ball close and under control.

Running with the ball being aware of who is around me.



