



PE Knowledge Organiser

Year 4: Summer Term

Football

Key Knowledge and Skills:

Striking a football with control: Keep your head down with your eye on the ball. Plant your non-striking foot alongside the ball, striking the middle of the ball. Approach the ball slightly from the side and keep the knee of the kicking leg over the ball.



Maintaining possession and control of a football whilst dribbling under pressure: Control the ball with different parts of your feet; inside, outside, laces and sole. When dribbling, push the ball slightly ahead of you as you move so that you can run with it. The knees should be bent and the head up to see other players.

Passing to teammates and moving into a space at appropriate times: The ball should start slightly in front of you. Use your arms to balance your body when trying to kick. Finish with the inside of your kicking foot pointing towards your target. Look to see your target before passing and move quickly into a new space after passing.

Inside hook: Take your weight on your standing foot and use the inside of the foot to hook the ball back to you. Turn on your standing foot, accelerate to follow the ball.



Outside hook: Take your weight on your standing foot and use the outside of the foot to hook the ball back to you. Turn on your standing foot, accelerate to follow the ball.

Using tactics:

- Keep some players ahead of the ball as attackers and some players back to defend.
- Pass if you are under pressure from the defenders.
- Try to slow your opponent down by moving slowly backwards in the direction that they are moving. Knees should be bent with a low body position.

Key Vocabulary:



Vocabulary:	Definition:
Dribbling	Avoiding defenders' attempts to get the ball.
Soft touches	Lightly touching the ball with your feet.
Attacker	A player who attacks the other sides goal in an attempt to score.
Defender	A player who protects their own sides goal.
Inside hook	Using the inside of the foot to hook the ball back to you to re gain possession of the ball.
Outside hook	Using the outside of the foot to hook the ball back to you to regain possession of the ball.

Knowing the Rules of Football:

- Each team has one goalie
- You must only touch the ball with your feet and no other part of your body, unless you are the goalie
- To score a goal, a player must kick the ball and it must go completely over the goal line and in the goal
- If the ball is out of field of play, it will be decided who was the last team to touch the ball. The other team will then be given the side-line throw in.