

**St Ninian's High School**  
**S1 Football Course Timeline**

Lesson	Lesson Intention	HWB Experience and Outcomes	Capacity focus		
1	<p>Intro to CRE</p> <ul style="list-style-type: none"> <li>Why important to football?</li> </ul> <p>Multi stage fitness test</p>	<p>Understanding the difficulties faced during adolescence (HWB 3-15a)</p> <p>Develop levels of fitness and understanding of fitness testing procedures (HWB 3-22a)</p>	Successful learners - learning the correct protocol	<p><b><u>Kinaesthetic Awareness</u></b></p> <p>Takes calculated risks showing an awareness of self, others and safety in practice and performance environments.</p> <p><b><u>Gross and Fine Motor Skills</u></b></p> <p>Consistently performs specialised movement skills/techniques with precision in practice and performance environments.</p> <p>Consistently uses eye/hand and eye/foot coordination as part of a skillful performance</p>	<p><b><u>I can...</u></b></p> <p>&gt; make a decision about where I need to be with regards to my position and the position of the ball.</p> <p>&gt; perform movement skills e.g. creating space in hockey confidently and consistently.</p> <p>&gt; consistently use a variety of complex skills with confidence, to improve my level of performance.</p>
2	<p>Intro to movement and control of the ball</p> <ul style="list-style-type: none"> <li>Networking</li> </ul> <p>Introduce dribbling</p> <ul style="list-style-type: none"> <li>In space</li> <li>Around cones</li> <li>Through gates</li> <li>Dribbling games</li> </ul>	<p>Apply skills with accuracy and control (HWB 3-21a)</p> <p>Select and apply movement skills and strategies (HWB 3-21a)</p>	Confident individuals - developing confidence within the skill	<p><b><u>Stamina</u></b></p> <p>Makes informed choices and decisions for sustaining moderate to vigorous physical activity.</p> <p><b><u>Core Stability and Strength</u></b></p> <p>Consistently demonstrates precision through the use of balance, postural control and the links to core stability.</p> <p>Consistently applies core stability and strength in physical activities for successful performance.</p>	<p>&gt; understand how, why and when to work at a level of activity that consistently provides my body with an appropriate level of challenge.</p> <p>&gt; demonstrate precision by using balance, postural control and core stability.</p> <p>&gt; consistently use core stability and strength to improve my overall performance in a game situation.</p>
3	<p>Introduce passing</p> <ul style="list-style-type: none"> <li>Static in pairs</li> <li>On the move</li> </ul> <p>Small sided conditioned games</p>	<p>Modify, adapt and refine previously learned skills (HWB 3-22a)</p> <p>Develop appropriate decision making and problem solving skills through analyzing,</p>	<p>Confident individuals - developing confidence within the skill</p> <p>Successful learners - learning the correct techniques</p>	<p><b><u>Determination and Resilience</u></b></p> <p>Understands and demonstrates the positive link between effort, perseverance and personal achievement.</p> <p>Develops the ability to manage emotions to enhance performance.</p> <p>Recognises the variety of emotions that are associated with performing and the impact they have on behavior and performance.</p>	<p>know how and show how increased effort and not giving up can lead to improved performance.</p> <p>&gt; recognise the variety of emotions associated with physical performance and the impact that they can have on behavior and performance.</p>

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		evaluating and applying (HWB 3-21a)		<p>Initiates and adopts coping strategies in response to the outcomes of competition.</p> <p><b><u>Communication</u></b></p> <p>Demonstrates knowledge and understanding of a range of verbal and non-verbal communication skills and applies them appropriately and confidently in practice and performance environments</p>	<p>&gt; <i>adopt a variety of strategies to deal with situations related to managing my emotions.</i></p> <p>&gt; <i>demonstrate knowledge and understanding of verbal and non-verbal communication skills and can apply them in practice and performance environments.</i></p>
4	<p>Fartlek Training (short)</p> <ul style="list-style-type: none"> <li>Benefits of improving CRE</li> </ul> <p>Introduce control and heading</p>	<p>Develop aerobic base (and strength training) (HWB 3-27a)</p> <p>Develop levels of fitness and understanding of fitness testing procedures (HWB 3-22a)</p>	<p>Confident individuals - developing confidence within the skill</p> <p>Successful learners - learning the correct techniques</p>	<p><b><u>Decision Making</u></b></p> <p>Makes decisions when presented with a greater variety of options and can explain why.</p> <p><b><u>Multi-processing</u></b></p> <p>Takes in and makes sense of several pieces of information at the same time, from a number of different sources which will contribute to successful performance.</p>	<p>&gt; <i>make informed decisions when presented with a variety of options.</i></p> <p>&gt; <i>take on some information in a game situation and try to play the ball to a teammate or exploit space.</i></p>
5	<p>Teach basic shooting and goalkeeping skills</p> <p>3v3 games</p>	<p>Modify, adapt and refine previously learned skills (HWB 3-22a)</p>	<p>Effective contributors - contribute to class discussions</p> <p>Successful learners - link and perform skills under pressure</p> <p>Responsible citizens - work together as part of a team</p>	<p><b><u>Decision Making</u></b></p> <p>Makes decisions when presented with a greater variety of options and can explain why.</p> <p><b><u>Multi-processing</u></b></p> <p>Takes in and makes sense of several pieces of information at the same time, from a number of different sources which will contribute to successful performance.</p>	<p>&gt; <i>make informed decisions when presented with a variety of options.</i></p> <p>&gt; <i>take on some information in a game situation and try to play the ball to a teammate or exploit space.</i></p>
6	<p>Develop dribbling and passing skills under</p>	<p>Modify, adapt and refine previously</p>	<p>Successful learners</p>		

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	more pressure (2v2)	learned skills (HWB 3-22a)	- develop technique under pressure
<b>7</b>	Fartlek training (long) <ul style="list-style-type: none"> <li>• Benefits of improving CRE</li> <li>• Effects of improved CRE on performance</li> </ul> Develop shooting under pressure	Develop aerobic base (and strength training) (HWB 3-27a)  Develop levels of fitness and understanding of fitness testing procedures (HWB 3-22a)	Responsible citizens - taking out & organising equipment  Successful learners - learning correct protocol
<b>8</b>	Develop skills in small sided games (3v3)	Analyse own and others conduct (HWB 3-23a)  Understand how to work effectively with a partner or a group (HWB 3-23a)  Understand and undertake a variety of roles and responsibilities (HWB 3-23a)	Successful learners - correct techniques performed in games  Effective contributors - working together as part of a team
<b>9</b>	Develop skills in small sided games (5v5)  Pupils should be put	Analyse own and others conduct (HWB 3-23a)  Understand how to	Effective contributors - contribute own strengths to

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	<p>into teams that will stay the same for the remainder of the block</p> <p>Roles and responsibilities (coach / captain / equipment / strikers / defenders / goalkeeper)</p>	<p>work effectively with a partner or a group (HWB 3-23a)</p> <p>Understand and undertake a variety of roles and responsibilities (HWB 3-23a)</p>	<p>performance</p> <p>Confident individuals</p> <ul style="list-style-type: none"> <li>- performing strengths which benefit the team</li> </ul>
10	Develop skills in small sided games (5v5)	<p>Apply leadership skills (HWB 3-23a)</p> <p>Analyse own and others conduct (HWB 3-23a)</p> <p>Understand how to work effectively with a partner or a group (HWB 3-23a)</p>	<p>Effective contributors -</p> <ul style="list-style-type: none"> <li>- contribute own strengths to the team</li> </ul> <p>Confident individuals</p> <ul style="list-style-type: none"> <li>- develop individual performance</li> </ul> <p>Successful learners</p> <ul style="list-style-type: none"> <li>- perform all skills in competitive environment</li> </ul> <p>Responsible citizens</p> <ul style="list-style-type: none"> <li>- work as part of a team</li> </ul>
11	Begin class tournament	Understand and undertake a variety of roles and responsibilities (HWB 3-23a)	<p>Effective contributors -</p> <ul style="list-style-type: none"> <li>- work as part of a team</li> </ul> <p>Confident individuals</p> <ul style="list-style-type: none"> <li>- develop individual</li> </ul>

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		<p>Develop appropriate decision making and problem solving skills through analyzing, evaluating and applying (HWB 3-21a)</p> <p>Engage in physical challenging experiences (HWB 3-22a)</p>	<p>performance</p> <p>Successful learners</p> <ul style="list-style-type: none"> <li>- perform all skills in competitive environment</li> </ul> <p>Responsible citizens</p> <ul style="list-style-type: none"> <li>- work as part of a team</li> </ul>
12	Continue class tournament	<p>Understand and undertake a variety of roles and responsibilities (HWB 3-23a)</p> <p>Develop appropriate decision making and problem solving skills through analyzing, evaluating and applying (HWB 3-21a)</p> <p>Engage in physical challenging experiences (HWB 3-22a)</p>	<p>Effective contributors -</p> <ul style="list-style-type: none"> <li>- contribute own strengths to the team</li> </ul> <p>Confident individuals</p> <ul style="list-style-type: none"> <li>- develop individual performance</li> </ul> <p>Successful learners</p> <ul style="list-style-type: none"> <li>- perform all skills in competitive environment</li> </ul> <p>Responsible citizens</p> <ul style="list-style-type: none"> <li>- work as part of a team</li> </ul>
13	Complete class tournament	<p>Appreciate and celebrate personal success and that of others (HWB 3-24a)</p> <p>Develop appropriate</p>	<p>Effective contributors -</p> <ul style="list-style-type: none"> <li>- contribute own strengths to the team, work together</li> </ul> <p>Confident individuals</p>

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		<p>decision making and problem solving skills through analyzing, evaluating and applying (HWB 3-21a)</p> <p>Engage in physical challenging experiences (HWB 3-22a)</p>	<p>- develop individual performance Successful learners</p> <p>- perform all skills in competitive environment Responsible citizens</p> <p>- work as part of a team</p>
<b>14</b>	Assessment of football performance	<p>Engage in physical challenging experiences (HWB 3-22a)</p> <p>Appreciate and celebrate personal success and that of others (HWB 3-24a)</p>	<p>Responsible citizens</p> <p>- set up equipment, warm-up with team, select role within team</p> <p>Successful learners</p> <p>- demonstrate improvements to performance</p>
<b>15</b>	<p>Multi stage fitness test (retest)</p> <ul style="list-style-type: none"> <li>Record scores on GLOW</li> <li>Recognise biggest improvers</li> </ul> <p>Post scores on e-portfolios</p>	<p>Experience achievement in physical activity on a daily basis (3-25a)</p> <p>Develop levels of fitness and understanding of fitness testing procedures (HWB 3-22a)</p>	<p>Successful learners</p> <p>- demonstrate improvements to performance</p> <p>Confident individuals</p> <p>- appreciate individual efforts and improvements</p>