The Ellesmere Port C of E College

Part of the Frank Field Education Trust

# Year 10 Football
# Learning Programme 2

The LORIC skill focus for his LP is: ORGANISATION
The Moral Virtues focus for this LP are: COMPASSION and HONESTY

Compassion - the quality of feeling pity and concern for the sufferings or misfortunes of others.
Honesty - the quality of being truthful.

**What will I be learning about in this Learning Programme?**
I will be learning about Working as a Team through the concepts of Attacking and Defensive Strategies in Football

**Where have I seen this learning before?**
I will have seen this if I play or have played for a football club. I could have also seen this if I watch high performance football matches on the television and watch the analysis programme after game has finished.

**What could I use it for?**
Applying tactics and strategies within my own and the team's performance to aid getting a positive result.

**Literacy:**
- Capital letters must be used at the start of sentences and for the first letter of proper nouns
- Full stops must be used at the end of a sentence
- Question marks must be used at the end of a question
- Apostrophes should only be used for possession or omission
- Days of the week and months must be spelled correctly
- Key words must be spelled correctly

| In LP2.1, I will know: 19/10/26 - (WK 2) | Key Vocabulary | Homework |
|---|---|---|
| How to create and use attacking overloads;<br>and understand the benefits of creating an overload when attacking;<br>how to use an overload effectively to outwit opponents. | Cardiovascular | To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness. |

| In LP2.2, I will know: 02/11/26 - (WK 1) | Key Vocabulary | Homework |
|---|---|---|
| how to use an attacking strategy effectively;<br>and be able to create width with positioning during games;<br>how to exploit width and space as an attacking strategy. | Endurance | To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness. |

| LP2 RLW, I will: 09/11/26 - (WK 2) | | |
|---|---|---|
| review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge. | | |

| In LP2.3, I will know: 16/11/26 - (WK 1) | Key Vocabulary | Homework |
|---|---|---|
| how to use the attacking strategy of counter attacking;<br>how to counter-attack with speed and control or attack through ball retention and incisive use of possession.<br><br>Extended Task. | Circuit training | To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness. |

PRT Task 1

| In LP2.4, I will know: 23/11/26 - (WK 2) | Key Vocabulary | Homework |
|---|---|---|
| how to apply the tactics and strategies of counter attacking and possession;<br>and understand how team formations can aid this. | Continuous | To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness. |

| In LP2.5, I will know: 30/11/26 - (WK 1) | Key Vocabulary | Homework |
|---|---|---|
| how to stop attacks effectively using coordinated pressing and the offside trap;<br>the need to make decisions about the choice of a defensive strategy to delay or dispossess an opponent. | Intensity | To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness. |

| In LP2.6, I will know: 07/12/26 - (WK 2) | Key Vocabulary | Homework |
|---|---|---|
| how to stop attack effectively using mid and low block strategies;<br>and understand and appreciate the need to make decisions about choice of defensive strategy to delay or dispossess an opponent.<br><br>Extended Task. | Flexibility | To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness. |

PRT Task 2

| In LP2.7, I will know: 14/12/26 - (WK 1) | Key Vocabulary | Homework |
|---|---|---|
| how to apply the tactics and strategies of pressing, offside trap and mid/low block;<br>and understand the specific skills needed to do this. | Strength | To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness. |

**Resources to support learning:**
My LP2 Knowledge Organiser

**FFET Award Challenge for this Learning Programme:**
LP2 Year 10 P.E: To plan and coach a training session for one extra-curricular club this year.