

SPORTS · GRADES 3–6

Football Basics

Full PE lesson plan

Equipment needed

- 1 football per 2 children (minimum)
- Cones for marking areas
- 4 small goals or markers
- Bibs for teams
- Large outdoor space (playground or field)

Lesson structure (45 minutes)

Section	Time	Activity
Warm-up	8 min	Jogging + dynamic stretches + ball touches
Skills practice	15 min	3 stations: passing, dribbling, shooting
Game phase	18 min	Small-sided games (4v4 or 5v5)
Cool-down	4 min	Walking + static stretches

Warm-up (8 minutes)

1. Light jogging around the marked area (2 min)
2. Dynamic stretches: high knees, heel flicks, side steps (3 min)
3. Each child with a ball: walk dribbling, jog dribbling, stop and start (3 min)

Skills stations (15 min — 5 min per station)



<p>Station 1 — Passing</p> <p>Pairs 5m apart. Pass using inside of foot. Focus: look at target, follow through toward partner. Progress: further apart, moving targets.</p>	<p>Station 2 — Dribbling</p> <p>Dribble through cone course. Focus: small touches, head up, use both feet. Progress: add speed, add turns at each cone.</p>
<p>Station 3 — Shooting</p> <p>Take turns shooting at goal from marked spot. Focus: strike through the ball, follow through low. Progress: move further back, add running approach.</p>	

Game phase (18 minutes)

- Split into teams of 4-5 players
- Play on smaller pitches (use full space for 2-3 games)
- No goalkeepers needed — shoot into small goals or between cones
- Encourage passing and moving
- Rotate teams every 6 minutes for fresh matchups

Cool-down (4 minutes)

- Gentle walking around the area (1 min)
- Static stretches: calf stretch, quad stretch, hamstring stretch (3 min)
- Quick team talk: what went well, what we'll work on next time

Safety notes

- Check area for hazards before starting
- Ensure adequate space between activities
- No sliding tackles in games
- Stop immediately if anyone is hurt

Differentiation

Less confident: Closer passes, slower dribbling, bigger targets for shooting. More confident: Further distances, weaker foot challenges, add pressure (gentle defending).

