

What is your child learning in Physical Education?

Topic of Study

Football. Key skills-
Passing, Shooting,
Dribbling

Key Dates & Deadlines

Assessment week.
October half term –Week
beginning 17th October.

Family Friendly Homework

Watch a football match. Pick out the best
player on the pitch and write a report
explaining why He/she is the best player
on the pitch.

Resources to Support

YouTube
<https://www.youtube.com/watch?v=1WtyJO9R3IO>

BBC Bitesize PE

Resources to Challenge

Research 3 Footballers and
highlight their skill
strengths. E.g. Passing.

Outside of the classroom

Pupils can work on their
cardiovascular fitness by taking part in
physical activity 3-5 times a week for
a minimum of 30 minutes.

Discussion starters

Why do we perform a warm up before physical activity?
Can you name any of the major muscles in the human body?
What are their functions?



St. Antony's Catholic College

in partnership with Loreto Grammar School