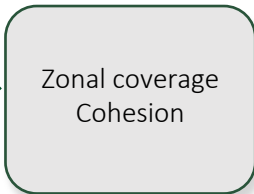
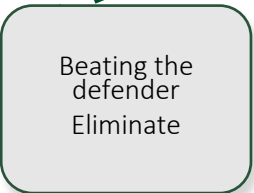
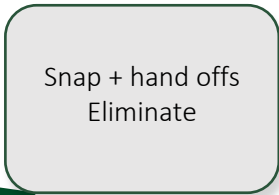
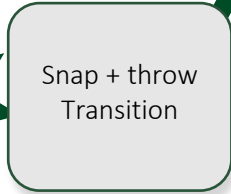
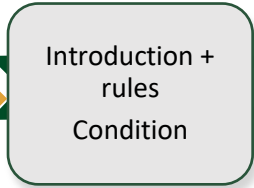




LEARNING JOURNEY

American Football

F - A - C - T



What will you include in your warm-up today?

What is the why behind your lesson today?

This half term you will start off by recapping key fundamental skills looked at previously to activate the learning for the advanced skills.

You will then look at minor adjustments to make this successful in the sport of American Football. When you move on to route running and RB plays you will draw upon your skills from other sports like rugby where you are looking to beat opponents and find the space in front of you.

The later end of the topic looks at defensive principals where you can draw upon knowledge of man marking and zonal marking from sports like handball, basketball and football. Later having the opportunity for you to develop awareness through competitive situations to become a more fluid and impactful player on both ends of the field.

VOCABULARY

Trajectory, condition, transition, eliminate, resilience, cohesion