

# The FA Tesco Skills Programme

## School Pack



**Introduction** – The FA Tesco Skills is a unique football coaching programme that gives 5-11s of all abilities the opportunity to get active, learn new football skills and enjoy the game. We've been providing high quality football coaching courses for children since 2007 and have to date provided over 3 million child places on the programme, aiming to reach 4.7 million children by 2014.

FA Tesco Skills is a nationwide initiative run by The Football Association and funded by Sport England and Tesco. Our aim is to develop better and more technically gifted football players but also to give every child the opportunity to be the best that they can be.

The FA Tesco Skills Programme has gained the AfPE (Association for Physical Education) quality mark which ensures that our sessions are run in-line with the National Curriculum and Ofsted.

### The FA Tesco Skills Programme and your School

**Across the term** - The FA Tesco Skills Programme aims to work closely with your teaching staff to deliver sessions for your pupils on one morning/afternoon each week across half a school term. Working alongside your staff gives both parties time to share ideas and good practice whilst the sessions are being delivered.

In addition, the Programme also supports your pupils development off the football pitch – we have a duty to ensure that we support children in helping them gain confidence, build self-esteem, whilst helping them to learn to work as team and develop their ability to think and act independently.

**Week to week** - Each week the coaches aim to deliver sessions alongside the same classes and teachers so that ideas and sessions can be progressed from week to week. Coaches can also spend quality time with your staff discussing session progressions, advanced challenges for individual children, how the session can be adapted in order to change the learning outcome and how the practice can be tailored to best suit a different age group.

These ideas can be discussed and highlighted each week throughout our medium term scheme of work within your school.

## Ideas and Strategies

It can be difficult to cater for everyone's needs within P.E lessons – some children may find the session too easy whilst other children in the session may be struggling just to keep up! Across the next two pages are a couple of ideas and methods which can be used to ensure that your lessons cater for each child's ability.

### The STEP Principle

The S.T.E.P Principle is based on four aspects of your P.E lesson that can be altered to make the lesson easier or more difficult for certain individuals or entire groups. Throughout the term, the F.A Skills Coach will demonstrate how the STEP principal can be used.

**Space** – reducing the size of an area makes the session more difficult; having to exploit smaller spaces means less margin for error. The opposite is also true; increasing the area gives children more space to use and gives them more time to make key decisions to help them gain success.

**Task** – extra rules and challenges can be incorporated to alter session difficulty. For example, children who are struggling with the lesson may benefit from adding 'Safe Zones' to the games whilst extra points may be scored for tricking an opponent which caters for those who need to be challenged further.

**Equipment** – adding equipment such as a ball increases the session difficulty as the children will need to manipulate the equipment as well as complete the task. Children may also be given the choice of either carrying the ball in their hands or moving it with their feet - this allows them to choose a difficulty level which suits them.

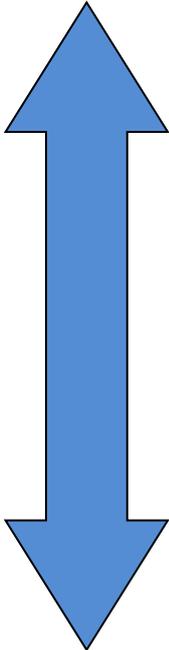
**People** – this simply means adding or reducing the number of children in a practice to alter the difficulty. For example, adding more Defenders/Taggers/Blockers etc will often increase the demands of the lesson.

The STEP Principle is an easy way to manage the success rate that each child receives - challenging those children who find the session too easy and by making changes to support those who may be struggling.

## Coaching Methods

Each child within your lesson will be at a different stage; both in terms of their ‘understanding’ and their ‘ability’. The following five methods can be adopted to engage children at a level appropriate to their stage of learning.

The FA Skills Coach will showcase how these methods (along with the STEP principle) can be used to engage and challenge children of all abilities within your school program.

	Coaching Method	Interventions	Example	Description	
	LESS decision making on the child’s behalf	Command	The teacher tells/shows the children the solution	‘I want you to...’	The children work towards the teachers perception of the solution
	Question and Answer	The teacher asks questions to gain responses from children	‘Can you tell me what you could do in <i>this</i> situation?’	The teacher poses the question and the children offer one of their solutions	
	Observation and Feedback	The teachers and children observe other classmates	‘Let’s watch this!’ (Child showcases their ideas)	The teacher and children observe and then feedback/discuss	
	Guided Discovery	The teacher asks a question or issues challenges	‘Can you show me...?’	The teacher prompts the children who demonstrate their own solutions	
	MORE decision making on the child’s behalf	Trial and Error	The teacher and/the children decide on a challenge	‘Try it for yourself!’ (Children try out ideas to find a solution)	The teacher encourages children to find out solutions offering minimal support

## Example Session

Over the following weeks you will receive session plans for each of the lessons delivered within your school. Below are some key points to the session plan:

**Assessment Criteria** – the session runs alongside the National Curriculum and Ofsted to ensure that the sessions can be used to assess and grade your children throughout the school year.

**Scheme of Work** – the session topic that runs within your school across the term are consistent yet progressive from week to week. This ensures that the children have a chance to consolidate their learning from the previous week and put it into practice the following week.

**Simple set up** – the sessions are easy to understand and only require basic equipment. The sessions are easy to set up so your children could even set up their own playing area!

**Progressions** – the progressions are logical and easy to explain. This ensure that the children maximise their playing time whilst you minimise the time you spend explaining the session.

**Challenges** – these additional tasks can be set for those individuals who find the session too easy. This ensures that even the most capable pupils are still engaged and challenged.

## Future Sessions

Note that this is how a session **could** be run - this will change depending on your pupil's ability, space available etc. These sessions should not be copied but used a guide and tailored to help your pupils towards the intended learning outcomes relevant to their current stage of learning.

The sessions are intentionally created so they can be used as a template for other invasion sports (Hockey, Basketball, Rugby etc). When using these sessions, you will need to change the rules, equipment, terminology etc so it's specific to the invasion sport you are delivering.

(Remember that you may easily alter your P.E lessons by using the STEP Principle, different Coaching Methods and other alterations that you feel would suit the needs of your children).