

1A1

## Football tricks and skills session

How can I use feedback from others to improve my football skills?

With others, take part in a football tricks and skills session. Each person should demonstrate a new skill, or one they have developed. Decide as a group which person has the best tricks or skills.







Show the skills that were demonstrated (e.g. using photographs or video), create a peer statement for someone in your group, and ask someone to create a peer statement for your portfolio.

### What you'll do







This challenge involves showcasing and sharing football skills within a group. In this challenge you will:

- gather your group and agree on the session's structure
- each participant demonstrates their chosen skill
- collect evidence of the skills demonstrated (photos/videos)
- create and exchange peer statements based on the demonstrations



✓ Skills I used:	
	Learning <input type="checkbox"/>
	Decision-making <input type="checkbox"/>
	Communicating <input type="checkbox"/>
	Team working <input type="checkbox"/>
	Thinking <input type="checkbox"/>
	Self-awareness <input type="checkbox"/>

### How I might show the skills

Skills	Examples
 Learning	Practises a chosen football skill repeatedly. Observes others and takes notes on technique. Applies feedback to improve performance.
 Decision-making	Selects a skill that feels realistic and challenging. Justifies their choice in discussion. Evaluates group feedback when making changes.
 Communicating	Gives verbal and written feedback using respectful language. Presents a skill clearly in front of others. Listens actively during demonstrations.
 Team working	Agrees on the structure of the session with others. Supports group members during practice and sharing. Keeps a positive and encouraging attitude.
 Thinking	Considers different football skills before choosing one to present. Uses peer feedback to reflect on what worked well. Identifies ways to improve based on group discussion.
 Self-awareness	Considers how feedback can affect others before giving it. Respects different skill levels within the group. Responds positively to peer comments.

2B2

## Training programme development

What should I include in a training programme to improve a specific area of performance?

Devise a training programme for yourself or one of your teammates that will develop one of the following:

- endurance
- balance
- agility
- speed
- strength







Collect physical and physiological data before and after the programme. Present your findings, including an evaluation of how effective your programme was.

### What you'll do







In this challenge, you will:

- select a skill focus such as endurance, balance, agility, speed, or strength
- devise a comprehensive training programme aiming to enhance the selected skill
- collect physical and physiological data before and after the training
- evaluate and present the findings on the effectiveness of the training programme



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	Communicating <input type="checkbox"/>
	Team working <input type="checkbox"/>
	Thinking <input type="checkbox"/>
	Self-awareness <input type="checkbox"/>

### How I might show the skills

Skills	Examples
 Learning	Gains knowledge and understanding of training strategies to develop a specific skill. Locates and uses information from at least two sources. Stays motivated and organised to collect and analyse data.
 Decision-making	Decides which exercises to include in the programme and whether it will be for personal use or for a teammate.
 Communicating	Speaks to a teammate and listens to responses and feedback. Keeps a written record of the sessions and data collected. Presents findings using a written, visual, or verbal format.
 Team working	Collaborates with a teammate to design or review the programme. Offers support and shares ideas. Acts reliably and constructively throughout the activity.
 Thinking	Considers which combination of exercises will be most effective for improving a specific area of performance. Interprets data from the training programme. Evaluates its effectiveness.
 Self-awareness	Shows determination to overcome challenges while completing the programme. Recognises own strengths and limitations to set realistic goals. Is open to receiving and applying feedback.

Sample

3A5

## Research charity impact by footballers

How have high-profile footballers used their status to raise awareness for charity campaigns?

Find out how a high-profile footballer has used their status to support and raise awareness of a charity campaign.







### What you'll do

This challenge encourages you to explore how well-known footballers utilise their public profiles to support charitable initiatives.







In this challenge, you will:

- select a footballer known for charity work
- investigate the campaign they support
- analyse their impact and contributions
- present the information in a format of your choice



✓ Skills I used:	
 Learning	<input type="checkbox"/>
 Decision-making	<input type="checkbox"/>
 Communicating	<input type="checkbox"/>
 Team working	<input type="checkbox"/>
 Thinking	<input type="checkbox"/>
 Self-awareness	<input type="checkbox"/>

### How I might show the skills

Skills	Examples
 Learning	Gains knowledge and understanding of the footballer's charitable work. Locates and synthesises information from at least two relevant sources.
 Decision-making	Uses sound judgement to choose a suitable footballer and charity campaign. Decides on the most effective way to present research outcomes.
 Communicating	Presents findings clearly using a chosen format (written, visual, or verbal). Communicates key information about the campaign and the footballer's role.
 Team working	Collaborates with others respectfully. Shares tasks and ideas effectively when working in a group.
 Thinking	Considers which footballer to research. Assesses the credibility and relevance of research sources. Analyses how the footballer's involvement has influenced public awareness or supported a cause.
 Self-awareness	Is open to new ideas and feedback. Reflects on how footballers can use their influence for social good and what can be learned from their actions.

4A2

## Consider how social media has changed communication between football professionals and fans

How has social media changed communication between football professionals and fans?







Consider how social media has changed communication between football professionals and fans. Summarise your views on whether or not this is a good thing and take part in a group discussion.

### What you'll do







This challenge evaluates the effects of social media on communication within football. In this challenge, you will:

- research how social media is used by football professionals
- gather opinions from fans and professionals
- formulate your summary and opinions on social media's impact
- prepare to share your opinions in a group discussion
- engage in a respectful dialogue with peers about the topic



✓ Skills I used:	
 Learning	<input type="checkbox"/>
 Decision-making	<input type="checkbox"/>
 Communicating	<input type="checkbox"/>
 Team working	<input type="checkbox"/>
 Thinking	<input type="checkbox"/>
 Self-awareness	<input type="checkbox"/>

### How I might show the skills

Skills	Examples
 Learning	Demonstrates understanding of social media's role in football communication by researching at least two sources. Summarises key points clearly and accurately.
 Decision-making	Uses judgement to decide what information is important and relevant for inclusion in the summary and discussion.
 Communicating	Actively participates in group discussions by speaking clearly, asking thoughtful questions, listening attentively, and building on others' ideas.
 Team working	Respects differing opinions in group discussions and constructively manages disagreements to maintain a positive group dynamic.
 Thinking	Evaluates and interprets information from research about social media communication in football. Reflects on personal views and carefully chooses relevant information for the summary.
 Self-awareness	Shows respect and consideration during discussions, is open to new ideas, appreciates diverse perspectives on social media communication, and manages emotions effectively.

5B5

## Work towards football refereeing qualification

How can I achieve my football refereeing qualification?

How can I work towards a recognised football refereeing qualification?







### What you'll do

This challenge helps you to work towards obtaining a football refereeing qualification. To complete this challenge, you will:







- research the qualifications available for refereeing
- attend training sessions and workshops
- practice refereeing in supervised games



#### ✓ Skills I used:

	Learning	<input type="checkbox"/>
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	Communicating	<input type="checkbox"/>
	Team working	<input type="checkbox"/>
	Thinking	<input type="checkbox"/>
	Self-awareness	<input type="checkbox"/>

### How I might show the skills

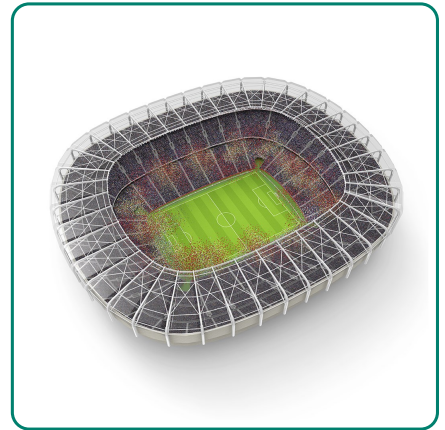
Skills	Examples
 Learning	Developing football refereeing qualities skills and techniques by engaging with a range of learning methods. Being self-motivated and organised to enrol and work through the course. Observing demonstrations and trying things out one's self. Practising skills and techniques under supervision to help reach competency. Taking notes as the course progresses.
 Decision-making	Makes informed choices about how to lead tasks and engage others. Uses judgement to decide how to adapt leadership style depending on the situation. Reflects on outcomes to guide future decisions.
 Communicating	Participates in discussions, presentations and group activities with confidence and respect. Listens actively to instructions and peer feedback. Communicates ideas clearly when leading others or delivering tasks.
 Team working	Acting as a role model, modelling and supporting others to do the same. Maintaining a positive attitude through the duration of the course.
 Thinking	Reflects on the value of completing a leadership course in the context of football. Considers how course content and experiences will support leadership development. Thinks about how to apply leadership strategies in future settings.
 Self-awareness	Being receptive and open to receiving new ideas and information to improve own knowledge and understanding. Being fully engaged with the refereeing course and the content. Being respectful and attentive to the course tutors and peers

6A7

## Design a new stadium

How can transport to a football stadium be made more environmentally friendly?







Imagine you are designing a new stadium. Think about what special arrangements you would ensure were in place to allow more environmentally friendly transport to the stadium on match days. Create a summary of your plans.









### What you'll do

In this challenge, you will design environmentally friendly transport plans for a stadium. Steps to complete the challenge include:

- research best practices for sustainable transport arrangements
- develop a plan that includes transport options for match days
- summarise the plans and present them to the class

✓ Skills I used:	
	Learning <input type="checkbox"/>
	Decision-making <input type="checkbox"/>
	Communicating <input type="checkbox"/>
	Team working <input type="checkbox"/>
	Thinking <input type="checkbox"/>
	Self-awareness <input type="checkbox"/>

### How I might show the skills

Skills	Examples
 Learning	Builds knowledge of stadium design and sustainable transport systems. Develops skills in researching and planning. Uses at least two reliable sources to inform the transport plan.
 Decision-making	Uses judgement to choose the most appropriate and realistic sustainable transport methods to include. Considers feasibility, cost, and environmental impact when finalising the plan.
 Communicating	Presents the transport plan clearly in written, visual and spoken formats. Explains the reasoning behind the proposed features. Engages the audience effectively when sharing the plan.
 Team working	Collaborates with others to develop the plan. Shares responsibilities, listens to input, and contributes constructively to group decisions.
 Thinking	Evaluates information about sustainable transport for large-scale events. Considers how stadium design can support these methods. Makes connections between infrastructure and travel behaviour.
 Self-awareness	Shows openness to new ideas and a willingness to adjust plans based on new information. Reflects on personal understanding of environmental responsibility.

7B3

## Football-themed business enterprise project

What needs to be done to run a business enterprise project focused on football?

Work as part of a team to carry out a football-themed business enterprise project. Set up and establish your enterprise idea. As you work through your project, include regular checks on your progress towards your aim and on the safety and happiness of group members.







### What you'll do

In this challenge, you will work collaboratively to develop and manage a football-related business project, focusing on teamwork and project progression. In this challenge, you will:







- form a team and brainstorm enterprise project ideas related to football
- define roles and responsibilities for each team member
- create a project timeline with milestones
- regularly check progress and make adjustments as needed
- evaluate team dynamics and address any issues to ensure a positive environment



#### ✓ Skills I used:

	Learning	<input type="checkbox"/>
	Decision-making	<input type="checkbox"/>
	Communicating	<input type="checkbox"/>
	Team working	<input type="checkbox"/>
	Thinking	<input type="checkbox"/>
	Self-awareness	<input type="checkbox"/>

### How I might show the skills

Skills	Examples
 Learning	Gains understanding of enterprise principles and business organisation. Maintains motivation throughout the project. Develops planning and technical skills through active participation.
 Decision-making	Trusts team decisions and contributes to collective choices. Helps evaluate options when planning activities. Selects practical solutions for project challenges.
 Communicating	Discusses tasks and ideas clearly with teammates. Listens actively to feedback and suggestions. Maintains written records of progress and team dynamics.
 Team working	Collaborates effectively with others to plan and run the project. Accepts and fulfils delegated roles and responsibilities. Contributes ideas and supports the team's success.
 Thinking	Considers which football-related idea best suits the enterprise goals. Reflects with teammates on the effectiveness of the project. Evaluates outcomes to improve future efforts.
 Self-awareness	Recognises personal strengths and areas to improve in group work. Shows kindness and support to others in the team. Accepts different views and resolves conflicts constructively.