

Mugginton Church of England Primary School



Football at Mugginton

The Beautiful Game. Football is our heritage and, in its modern iteration, has a proud history of over 150 years from the formation of Sheffield F.C. in 1857, to the first FA Cup in 1872 to the formation of Norwich City in 1902 to today's multi-billion pound industry. It is our national sport and is closely linked with the towns, cities and communities each club represents.



Football is one of the most well-rounded sports when it comes to physical literacy, social and cognitive development. The most popular sport in the world, in England, having an interest in football, can be a useful advantage for many social situations leading to new friendships, participation in social activities, events and improved mental and physical health.

Football in Primary Schools

Football promotes an active lifestyle, teamwork and resilience. Our staff see, first hand, the positive results children experience in their activity levels, self-concept and motivation when they enjoy playing football regularly. Our pupil voice (taken via questionnaire and informal conversation) consistently reports that children of both genders consider football to be one of their favourite sports. As a result, we encourage children to participate in football at playtimes, lunchtimes and as members of our football teams as well as sharing information about local weekend football clubs.



Football Lessons at Mugginton

It is no secret that several members of our staff have a deep and long-lasting love of- and relationship with football. Mr Wraith played at a high level and has been involved in coaching for many years. Mr Green's ambition to train as teacher was strongly influenced by a love of sports and of sharing the benefits which sports – football in particular – offer.

However, a love of the game, or even talent at playing it, alone is not enough to secure quality teaching for our children. At Mugginton, we base our teaching around the English Football Association's Coaching Philosophy – 'The England DNA' and its 5 Core Elements at Primary School.

- Establishing a clear team culture based on clear values and beliefs: Pride, Integrity, Excellence, Collaboration.
- Developing a consistent playing style based on dominating possession and aiming to regain possession intelligently and as early and efficiently as possible.
- Helping children to develop the Technical, Tactical, Physical, Social and Psychological sides of their game.
- Approach all training and games using the Plan, Do, Review model and follow the core tenets of coaching set out by the FA <https://thebootroom.thefa.com/resources/england-dna/how-we-coach/coaching-fundamentals-dna>
- Support our children by offering age-appropriate opportunities for performance analysis and education based on nutrition and the importance of a healthy lifestyle.



Football at Playtimes and Lunchtimes at Mugginton

Our children love playing football in their free time. We are proud that they are inclusive and, regardless of age, ability or gender, everybody is included in our epic games. Sometimes, Miss Beresford, Mrs Wallen, Mr Wraith or Mr Green get involved too! Football at playtimes and lunchtimes is not just a good form of exercise, we see it as a way of reinforcing our school values and also as an opportunity for children to problem-solve and learn to self-regulate their behaviour and emotions. Football is a wonderful form of bonding and also a wonderful form of imaginary play – to a child, scoring a goal can be the best feeling in the world! Children who are not the most confident writer, mathematician or artist, but who love football, have their time to shine during our games.



Competitive Football Fixtures

We believe in offering every child the opportunity to represent our school in sports. In football, we are a member of a competitive league where our most confident players compete and also play regular friendly matches. We enter competitions run by Amber Valley Sports Partnership who allow us to bring 'confident' and 'developmental' teams so everybody has the chance to take part and show their best.



Being Part of a Team

Being part of our football team is a privilege. It is an opportunity for those children to show and model the 5 Core Values of our PE Curriculum (Be Active, Teamwork, Respect, Practice, Resilience) in games and also in school. Children selected for the team must agree to promote these values in school and during matches – if their behaviour or attitude does not meet our standards they miss a game. We ask for our parents' support with this initiative.

Football with our youngest children: Developing Physical Literacy through football:

Physical literacy is all about developing fundamental physical skills. Running, jumping, throwing, catching, kicking, and more which fit in to broader categories of agility, balance, coordination, movement and speed - the building blocks of all physical activity.



Running and Jumping:

It's no secret: football has a lot of running! Endurance running for long periods, sprinting, quick changes in speed, multi-directional running. Short interval sprinting with recovery is exactly the type of running a child needs to develop their endurance and speed.

Jumping, dodging and hopping:

A player spends a lot of time with both feet in the air. Sliding into tackles, quickly stepping to track attackers, jumping into position, and jumping to avoid players and to dodge defenders... All of these movements will develop a child's physical development.

Throwing and Catching:

Everyone has the chance to be in the goal, and everyone is required to learn how to throw off the side of the pitch accurately.

Kicking:

Kicking is the best part! Learning to control all areas of your foot, generating strength in your legs by sending objects into motion, and gaining superior control of the lower limbs are all things football training offers.

Creating cognitive challenges help your kid develop:

Football forces decision making in complicated or high-stress situations. Learning to predict outcomes and take the most efficient course of action in short amounts of time builds the problem-solving skills children need and can apply to all aspects of life.

