

□

**Create a lesson plan for P6 about the anatomy of a human footballer. Explain that footballers use many different muscles and that it is important we warm up and take care of our bodies. Explain the damage that can happen to footballers if they are not careful and overdo it. Include a worksheet for pupils to complete.**

---

Objectives:

1. Understand the anatomy of a human footballer
2. Learn about how footballers use different muscles in different parts of their body
3. Be aware of how to warm up and cool down correctly to avoid injury
4. Understand the potential damage that can occur to footballers if they overdo it

Instructions:

1. Begin by introducing the lesson plan and setting clear expectations for the pupils. Outline the objectives and inform pupils that they are to use their notes to complete a worksheet by the end of the lesson.
2. Explain the anatomy of a human footballer and point out major muscles used in different parts of the body. Make sure to explain how different muscles help a footballer move different parts of their body and work together to allow an action to be performed.
3. Introduce the importance of warming up and cooling down correctly to avoid any kind of injuries due to overuse of a muscle. Explain the consequences of not doing this (e.g. cramps, strains and tears).
4. Show a video of footballers in action and discuss with the pupils what muscles are being used each time (e.g. for running, jumping and kicking).
5. Give each group of students a copy of the worksheet and give them time to work on the questions and answers independently.

Worksheet:

1. What is the anatomy of a human footballer?
2. Name 3 major muscles used by a footballer in different parts of their body.
3. What is the importance of warming up and cooling down correctly?
4. What are some of the potential consequences of not doing this?
5. Name 3 different muscles used when a footballer runs, jumps and kicks a ball.