

## Sample [Physical Education] Learning Plan

### Big Idea/ Topic

How can I maintain control of the ball while changing direction and speed?  
How can I use ball-handling skills while dribbling?

### Standard Alignment

**PE6.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.**

**PE6.2: Demonstrates an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.**

a. Identifies concepts that apply to the movement and sports skills being practiced.

**PE6.3: Participates regularly in physical activity.**

### Connection Standards

**HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.

**ELAGSE6RI7: Integrate information presented in different media formats as well as in words to develop a coherent understanding of a topic or issue.**

**ELAGSE6SL2: Interpret information presented in diverse media and formats and explain how it contributes to a topic, text, or issue under study.**

### Instructional Design

**\*This lesson has a flexible timeline and will cross over several days.**

This lesson is intended to reach students in a virtual setting, whether plugged or unplugged. See the bottom of the lesson for a list of unplugged supplies.

**Part 1: Students will begin with a cardio workout. You can lead your own workout or use one of the videos linked below.**

- <https://www.youtube.com/watch?v=iyWvBern6q4> – Avengers Workout
- [https://www.youtube.com/watch?v=YC\\_V8hnU2PY](https://www.youtube.com/watch?v=YC_V8hnU2PY) – Spider Man Workout

**\*Unplugged variation** – Print out “You’ve Got to Move It Move It” sheet below.

**Part 2:** In a live or recorded session, have the students practice their dribbling and ball-handling skills. You can create your own presentation for students or use one of the PowerPoints/videos below.

- **Dribbling Skills in Soccer PowerPoint – see attached**
- <https://www.youtube.com/watch?v=SoijY4BUctw> – **Fast Feet Beginner Soccer Drills**
- [https://www.youtube.com/watch?v=QGhTpL\\_R1Lo](https://www.youtube.com/watch?v=QGhTpL_R1Lo) – **Beginner Drills**

**\*Unplugged variation** - print out a copy of the “Dribbling Skills in Soccer PowerPoint” for students and have them practice the skills.

**Part 3:** In a live or recorded session, have the students practice passing the soccer ball along with dribbling. You can create your own presentation for students or use one of the videos below. If students don’t have a partner to practice passing, have them pass to a wall.

- <https://www.youtube.com/watch?v=xvaD2AamMpU> – **Five Passing Drills for Soccer Players**
- <https://www.youtube.com/watch?v=4ERmmge-8GM> – **Get Better at Soccer by Yourself**

**\*Unplugged variation** - Print out “Ultimate Soccer Challenge” below.

**Part 4:** Have students create their own obstacle course to dribble through (with cones or other objects). Encourage students to change speeds and directions. Students can also time themselves to and work to get faster at completing their obstacle course.

#### **Part 5: Sample Assessments**

- **Soccer Self-Check – see below**
- **Soccer Peer Coaching – see below – if students cannot work with a peer, have students record themselves on video, and analyze their own performance.**

#### **Unplugged Supplies:**

- “You’ve Got to Move It Move It” sheet print out – see below.
- Dribbling Skills in Soccer PowerPoint print out – see attached
- “Ultimate Soccer Challenge” print out – see below

### **Evidence of Student Success**

- **Soccer Self-Check – see below**
- **Soccer Peer Coaching – see below – if students cannot work with a peer, have students record themselves on video, and analyze their own performance.**

### **Student Learning Supports**

#### **Ideas for Differentiation:**

Our goal is for all students to be actively engaged. Below are changes to the lesson to help achieve that goal for students who need additional support. *Note: Be careful using these lessons for all students. If students can complete the activities on their own, it would be best to let them do this independently.*

- Allow students to dribble at their own pace.
- Allow students to complete their obstacle course without changing speed and work up to changing speed.
- Allow students to use a different ball – it does not need to be a soccer ball.

### Opportunities for Extension:

- Have students research the frequency of concussions in soccer and present the information to peers or family.
- Students may try other students' obstacle courses.
- Have students make their own video with tips about how to practice dribbling and ball-handling skills.

## Engaging Families

Have students work on more advanced ball-handling skills, like a crossover - [https://www.youtube.com/watch?v=kkWkt\\_hUp6k](https://www.youtube.com/watch?v=kkWkt_hUp6k)

Students can create their own obstacle course to dribble around and through.

Students can place targets on a wall to practice accuracy while passing.

Students can create their own highlight reel of their own tricks to share.

***\*\*All activities and resources should be previewed before student use. Adjustments should be implemented to provide for individual abilities, needs, and safety.***

# Workout Move It Move It

## YOU'VE GOT TO MOVE IT MOVE IT

WORKOUT  
BY DAREBEE  
© [darebee.com](http://darebee.com)

Level I 3 sets  
Level II 5 sets  
Level III 7 sets  
2 minutes rest



10 jumping jacks



10 side jacks



10 jumping jacks



10 step jacks



10 jumping jacks



10 step jacks

## Ultimate Soccer Challenge





# Soccer Self Check







NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

TEACHER: \_\_\_\_\_ PERIOD: \_\_\_\_\_

ASSESSMENT

Practice the skills below using the Think About... for cues. Then try the activity alone or with a partner 10 times. Circle the number of times you did everything in the Think About... Look for improvements each time you do a Self-Check. When you have reached "Professional," you are ready to show your stuff to a friend for sign-off to "All Star" status.

	<b>Rookie</b> 	<b>Semi-Pro</b> 	<b>Professional</b> 	<b>All Star</b>  <i>Have your friend sign below.</i>
<b>Top Taps</b>	2 3 4 times in a row	5 6 7 times in a row	8 9 10 times in a row	
<b>Side Taps</b>	2 3 4 times in a row	5 6 7 times in a row	8 9 10 times in a row	
<b>Drop Taps</b>	2 3 4 times in a row	5 6 7 times in a row	8 9 10 times in a row	
<b>Drop Trap</b>	2 3 4 times in a row	5 6 7 times in a row	8 9 10 times in a row	

MIDDLE SCHOOL

## THINK ABOUT...

### Top Taps

- Keep 1 foot on the ground while the sole of the other foot taps the top of the ball
- Put little to no weight on the ball as you tap it
- Hop and switch feet

### Side Taps

- Straddle ball
- Tap from R to L with the inside of each foot

### Drop Taps

- Hold ball shoulder high
- Drop ball and use the top of 1 foot to tap the ball back to your hands
- Point toes to make a flat surface (on laces) for tapping
- Alternate feet every 3 taps

### Drop Trap

- Hold ball shoulder high
- Drop ball and traps it under 1 foot
- Alternate feet

# Peer Coaching

**SPARK™**

**SOCCER**

# Peer Coaching

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

TEACHER: \_\_\_\_\_ PERIOD: \_\_\_\_\_

**ASSESSMENT**

### Directions

- One of you is the Performer, while the other is the Coach
- Performer follows the cues for each skill
- Coach watches at least 5 trials and gives the Performer a checkmark for each cue done properly
- Switch roles
- When finished, continue to practice each skill

**MIDDLE SCHOOL**

<u>Drop Taps</u>					
Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Holds ball shoulder high					
Uses top of 1 foot to tap ball back to hands					
Points toes to make a flat surface for tapping					
Alternates feet					
<u>Pull Backs</u>					
Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Places 1 foot on top of ball and body weight on other foot					
Pulls ball slightly backward with sole of foot and rotates body position					
Continues short circular pull backs to form circle					
<u>Dribbling</u>					
Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Taps ball lightly with inside and outside of feet					
Keeps head up, looks for open space and watches for others					
Keeps ball close when dribbling for control					

# Soccer PowerPoint

Slide 1



Slide 2

## TOP TAPS

- Keep 1 foot on the ground while the sole of the other foot taps the top of the ball.
- Put little to no weight on the ball as you tap it.
- Hop and switch feet until signal.

Two side-by-side black and white photographs showing a child in a white t-shirt and dark shorts performing a soccer drill. In the left photo, the child is in a crouched position with one foot on the ground and the other foot tapping the top of a soccer ball. In the right photo, the child has hopped and switched feet, now with the other foot on the ground and the first foot tapping the ball. A small red soccer ball icon is located in the bottom right corner of the slide frame.



## SIDE TAPS

- Straddle ball, and tap from R to L with the inside of each foot until signal.



## DROP TAPS

- Hold ball shoulder high. Drop it, and use the top of 1 foot to tap the ball back to your hands.
- Point your toes to make a flat surface (on your laces) for tapping.
- Alternate feet every 3 taps until signal.



## DROP TRAPS

- Hold ball shoulder high.
- Drop it quickly, and trap it under 1 foot.
- Alternate feet until signal.



Slide 6

## PULL BACKS

- Place 1 foot on top of ball with your weight on the other foot.
- Pull ball back and behind you using the sole of your foot.
- Rotate body position to face new direction where ball has rolled.
- Continue changing directions until signal.

