

## Sample [Physical Education] Learning Plan

### Big Idea/ Topic

How would you dribble a soccer ball to maintain control while changing directions and speed?

### Standard Alignment

**P.E. 4.1 – The physically education student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.**

- b. Combines pathways, shapes, and levels with skills in small-sided games, gymnastics and/or dance environments.
- d. Applies the concepts of direction and force when manipulating an object.
- e. Applies simple offensive and defensive tactics and strategies in a variety of activities.

**P.E. 4.2 – The physically education student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.**

- b. Combines pathways, shapes, and levels with skills in small-sided games, gymnastics and/or dance environments.
- d. Applies the concepts of direction and force when manipulating an object.
- e. Applies simple offensive and defensive tactics and strategies in a variety of activities.

**P.E. 4.3 – The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.**

- i. Independently engages in a physical education class.

**P.E. 4.4 – The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

- a. Exhibits responsible behavior through adherence to rules and procedures in a variety of physical activities.
- b. Exhibits independent and cooperative responsibility.
- c. Listens respectfully to corrective feedback from others (peers and adults).
- d. Works safely with peers and equipment in physical activity settings.

**P.E. 4.5 – The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

- a. Examines the health benefits of participating in physical activity.
- b. Ranks the enjoyment and/or challenge of various physical activities.
- c. Describes and compares the positive social interactions when engaged in a variety of physical activities.

### 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: Part 1:** Before starting the lesson, show your students the YouTube soccer video **Introduction to Soccer Fundamentals with Mia Hamm** - <https://youtu.be/kC8huC0vYB8>

**\*Unplugged variation to read aloud**

Ask students if they have ever seen a soccer game before or played soccer? Use their responses to decide how deeply you need to review basic soccer/kicking skills.

**Part 2:** In a live or recorded session, have the students get a ball and begin some basic soccer activities. You can do your own recording or select from the following three versions:

- Soccer Warm Up with Justin: PowerPoint Attachment
- <https://www.youtube.com/watch?v=UambcwaQKYU> – Foot Skills with a Physical Education Teacher
- <https://www.youtube.com/watch?v=7NaBGIFPWuc> Soccer Cha Cha Slide
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**\*Unplugged variation** - see below for World Cup Wonder soccer skill sheet.

**Part 3:** Use the PowerPoint included or create your own video with Soccer Skill Activities. Have students try each skill once, then try it again to see if they improve.

**\*Unplugged variation** - print out of Soccer Skill Activity PowerPoint

**Part 4: Teacher's directions to students:** Find a video of a soccer game. Discuss how the teams work together to get the ball down the field. What are some qualities of a good pass in soccer? In a live or recorded lesson, have the students practice passing to a partner or against a wall. You can do your own recording or select from the following YouTube Videos

- <https://www.youtube.com/watch?v=pRZ-2MOEivM> – Soccer Training Passing Drills 1
- [https://www.youtube.com/watch?v=0lhZeur2g\\_8](https://www.youtube.com/watch?v=0lhZeur2g_8) – Soccer Training Passing Drills 2

**\*Unplugged variation** - see below for Soccer Croquet game.

**Part 5: Sample Assessments**

- **Self-Assessment Worksheet** – located below.
- **Soccer Kahoot** - <https://create.kahoot.it/share/soccer/12dda39e-80bc-436b-b2f2-5da19ef0e375>
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**Unplugged Supplies:**

- Soccer ball (or any other ball of their choice)
- Print Out Soccer with Justin PowerPoint [Physical Ed Grade 4 PE GSE 1](#)
- World Cup Wonder Sheet
- Print Out Soccer Skill PowerPoint
- Soccer Croquet Game
- Self- Assessment Worksheet

## Evidence of Student Success

**Sample Assessments**

- **Self-Assessment Worksheet** – located below
- **Soccer Kahoot** - <https://create.kahoot.it/share/soccer/12dda39e-80bc-436b-b2f2-5da19ef0e375>

## 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.*

- Consider allowing students to go through the activities at their own pace without pressuring them to move onto the next skill until they are ready.
- Allow students to choose which type of ball they would like to use to complete the activities – it does not have to be a soccer ball.
- If some of the activities are too easy for a student, encourage them to change the speed or make the activity more challenging.
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### Opportunities for Extension:

- Create a soccer how-to video to demonstrate the proper way to dribble a ball with your feet.
- Soccer Graphic Organizer Activity from BrainPop is below. It is about the FIFA World Cup.
- Have students create a soccer game and share it for others to play.

## Engaging Families

Soccer Croquet game

Test your soccer knowledge:

- Soccer Kahoot - <https://create.kahoot.it/share/soccer/12dda39e-80bc-436b-b2f2-5da19ef0e375>

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

Brainstorm: Have ever seen a soccer game before or played soccer?

# Brainstorm

TOPIC:



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## WORLD CUP WONDER

**SPARK**  
**Home Play**  
SOCCER

# “GOOOOAAAAL!!!”

Find some space in your yard or at the park and try the challenges below. When you have completed it, color in a patch of the soccer ball touching the challenge box. When you have colored all of the patches in all of the balls you are a World Cup Wonder!

### DRIBBLING

- Dribble while tapping the ball with the inside of your feet for 20 taps each foot.
- Dribble while tapping the ball with the outside of your feet for 20 taps each foot.
- Dribble and keep the ball close and under control for 5 minutes.
- Dribble under control and change directions 20 times.
- Do 20 top taps.
- Do 20 pull backs.

### PASSING

- Make 10 short (5-10 paces) passes to a stationary target while standing still.
- Make 10 short passes to a stationary target while moving.
- Make 10 short passes to a moving target while standing still.
- Make 10 short passes to a stationary target while moving.
- Make 10 long (15+ paces) passes to a stationary target while standing still.
- Make 10 long (15+ paces) passes to a stationary target while moving.

### TRAPPING

- Do 20 drop traps with your R foot.
- Do 20 drop traps with your L foot.
- Trap 20 passes (or kicks against a wall) with your R foot.
- Trap 20 passes (or kicks against a wall) with your L foot.
- Trap 10 passes (or throws against a wall) with your chest or thighs to settle the ball.
- Trap 20 passes (or kicks against a wall) while moving.

### SHOOTING

- Take 10 shots on a stationary ball with your R foot.
- Take 10 shots on a stationary ball with your L foot.
- Take 10 shots while dribbling to the R.
- Take 10 shots while dribbling to the L.
- Take 10 shots from a pass with your R foot
- Take 10 shots from a pass with your L foot

**GRADES 3-6**

### SOCCKER CROQUET

#### ACTIVITY GOALS

- I will demonstrate ball control and accuracy while working cooperatively with my friends.

#### TEACHING TIPS

- Soft Touches Keep Control
- Use All of Your Foot
- Head Up on the Dribble

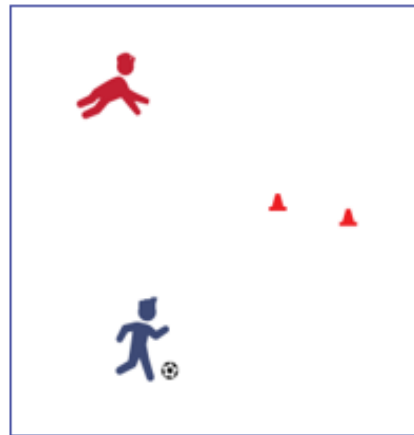
#### ACTIVITY SET-UP & PROCEDURE

##### Equipment:

- 1 soccer ball
- 2 cones or markers

##### Set-Up:

1. Determine a starting point. Place the soccer ball there.
2. Place 2 cones (spaced 2–3 feet apart) approximately 10–20 paces away from the starting point.
3. 1 player assumes a crab position anywhere in the activity area, but not near the cones.



##### Activity Procedures:

1. It's time to play Soccer Croquet! The object of the game is to see how many hits it takes you to pass the soccer ball through the wickets.
2. Player 1 will begin at the starting point. Count how many passes it takes you to pass the ball through the 2 cones (the first wicket).
3. Then, keep counting and see how many more passes it takes you to pass the ball under the player making a crab pose (the second wicket).
4. Switch roles (someone else becomes the wicket) and play again. The player with the lowest score wins that round!

##### Tips:

- Use the inside of your foot to pass the ball. This will improve your accuracy. Vary the distance in between the wickets to increase or decrease the difficulty.
- Change your crab pose to another position that supports muscular endurance (plank, squat, etc.).

- **Balance It Out:** Muscular fitness is only 1 aspect of balanced wellness. We also need to make sure that we are eating a healthy, well-balanced diet. This includes counting the number of sugar-sweetened beverages you drink each day. Just like in Soccer Croquet, the lowest score wins. Aim for a score of zero whenever possible!

# Soccer Skills Self-Assessment



## TOOLS FOR LEARNING SOCCER SKILLS



### SELF-ASSESSMENT

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_ CLASS: \_\_\_\_\_

Choose the level that describes your current skills and color that number of stars in the space provided for your assessment. If this is your pre-assessment, choose another level in the "Goal" column to show how much you'd like to improve your skills after some practice and hard work.



**Level 1:**  
I'm in the Minor Leagues.  
I wish I could do this better.  
And so I will keep trying my best to improve.

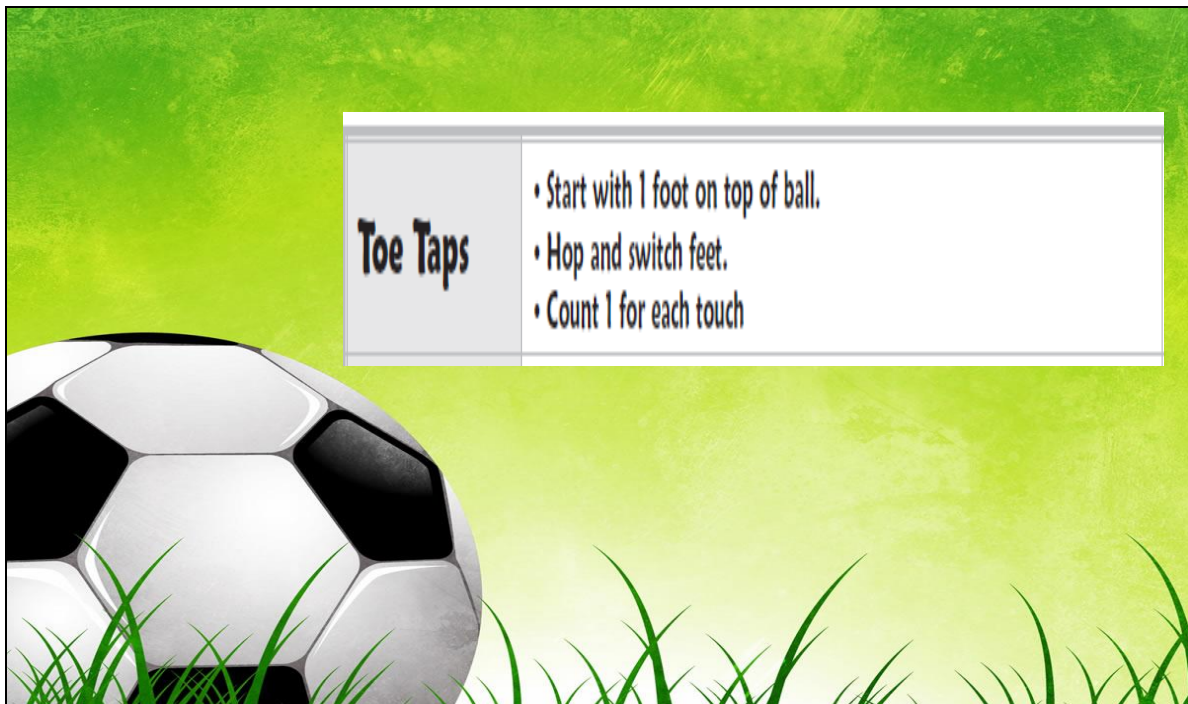


**Level 2:**  
I'm in the Major Leagues.  
Practice is helping and I will keep trying my best to improve.



**Level 3:**  
I'm an All Star.  
I can do this well. Practice worked, and now I want to keep learning more!

SKILL	PRE	GOAL	POST
<b>Dribbling</b>	★ ★ ★	★ ★ ★	★ ★ ★
<b>Passing</b>	★ ★ ★	★ ★ ★	★ ★ ★
<b>Trapping</b>	★ ★ ★	★ ★ ★	★ ★ ★
<b>Kicking</b>	★ ★ ★	★ ★ ★	★ ★ ★
<b>Safety</b>	★ ★ ★	★ ★ ★	★ ★ ★





<b>Elementary School</b>	<b>Middle School</b>	<b>High School</b>	<b>Professional</b>
<b>12 13 14 Times in a row</b>	<b>15 16 17 Times in a row</b>	<b>18 19 20 Times in a row</b>	<b>More than 20</b>

**Side Taps**

- Straddle ball, and tap from R to L with the inside of each foot until signal (20 - 30 seconds).

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<b>12 13 14 Times in a row</b>	<b>15 16 17 Times in a row</b>	<b>18 19 20 Times in a row</b>	<b>More than 20</b>

**Drop Traps**

- Hold ball waist high and drop.
- Trap it without letting it bounce more than once.
- Switch feet each time.
- Super SPARK Challenge: Toss ball over head and trap.

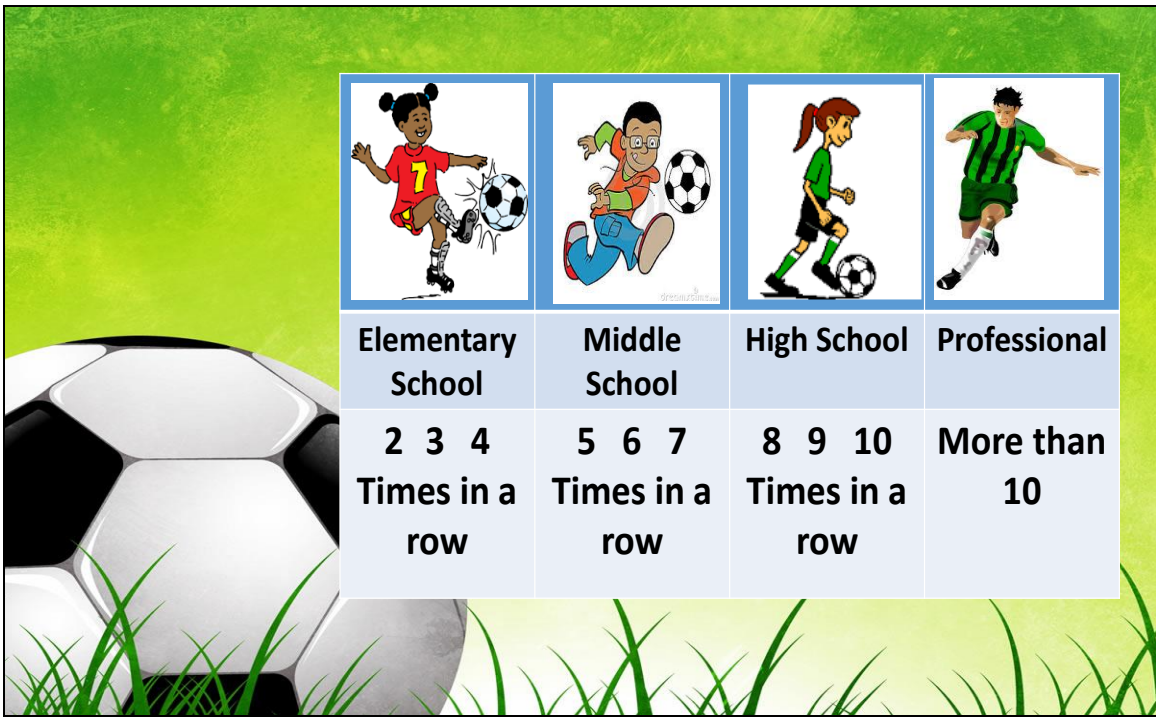
<b>Elementary School</b>	<b>Middle School</b>	<b>High School</b>	<b>Professional</b>
<b>2 3 4 Times in a row</b>	<b>5 6 7 Times in a row</b>	<b>8 9 10 Times in a row</b>	<b>More than 10</b>





- Hold ball waist high and drop.
- Tap it back up using the top of your foot (laces) and catch.
- Switch feet each time.

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**Pull Backs**

- Start with 1 foot on the ball.
- Pull ball back behind you.
- Turn around and trap with your foot.
- Super SPARK Challenge: Pull back with 1 foot and trap with the other.



			
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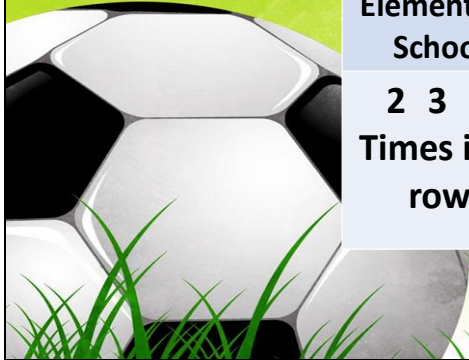
# DRIBBLE HIGH FIVE CHALLENGE





Dribble soccer ball around space for 30 seconds and give people a virtual high five. Count how many virtual high fives you gave.

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<b>12 13 14 Times in a row</b>	<b>15 16 17 Times in a row</b>	<b>18 19 20 Times in a row</b>	<b>More than 20</b>

# DRIBBLE WALL CHALLENGE

For 30 seconds, dribble around space and see how many walls you can touch. Make sure you are in control of the ball.



			
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<b>2 3 4 Times in a row</b>	<b>5 6 7 Times in a row</b>	<b>8 9 10 Times in a row</b>	<b>More than 10</b>

# START/STOP TO MUSIC

Practice dribbling around space while music is playing. Stop/Trap when the music ends.



# DRIBBLE THROUGH A MAZE

Create a maze using objects. Dribble your soccer ball through the maze being careful to not knock down anything.

