Unit: “Soccer” Week#: 10

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| **STANDARDS OF LEARNING: PHYSICAL EDUCATION**1. Demonstrate competence in motor skills and movement patterns needed to perform a variety of physical activities. **(Motor Skill Development)**
2. Apply knowledge of the structures and functions of the body and how they relate to and are affected by human movement to learning and developing motor skills and specialized movement forms. **(Anatomical Basis of Movement)**
3. Achieve and maintain a health-enhancing level of personal fitness. **(Fitness Planning)**
4. Demonstrate the aptitude, attitude, and skills to lead responsible, fulfilling, and respectful lives. **(Social Development)**
5. Explain the importance of energy balance and nutritional needs of the body to maintain optimal health and prevent chronic disease. **(Energy Balance)**
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WEEK 1 of UNIT

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| **DAY 1****Focus:**  | **DAY 2****Focus:**  | **DAY 3****Focus:**  | **DAY 4****Focus:**  |
| **Learning Target:Dribbling** | **Learning Target:Dribbling** | **Learning Target:Passing** | **Learning Target:Passing** |
| **Materials*** Soft gator balls, soccer balls, poly spots, cones, lines on the floor, timer, iPod with music, iPad, and projector.
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| **Activity #1:** * Introduction of foot skills. Everyone receives a soft gator ball. Place ball under one foot on floor, called “trap”, I will explain this to them. To get students attention I yell out “NO HANDS” and raise my hands and the students are to mock me exactly. I will have a soft gator ball as well and will demonstrate. Scatter formation, in their own “bubble”, when the music starts students will stay stationary and lightly kick the ball back and forth on the inside of both feet, focus on control, and give with the ball. When music stops they need to stop the ball with a foot and hold it in a “trap” position. I remind them of “NO HANDS” again and now I will add walking while dribbling. Music starts and they will begin walking and dribbling. Focus on progressing the ball forward slightly, slowly, and under control. Keep arms out to work around a defender for when in a real game of soccer. Remind the students to track ahead of them to check for surroundings to be safe. Music stops, “NO HANDS”, trap the ball, progress to speed walking and dribbling. The last and final progression is jogging while dribbling under control.
 | **Activity #1:*** Review from yesterday.
* Quick 3 minute warm-up of scatter formation, self dribbling around gym to music, and keep your spacing and continually track ahead of you.
* Music stops, hustle to middle and trap your ball.
* Relay with cones.
* 10 poly spot across baseline, with 4 students behind each poly spot.
* Across from each relay line at the other baseline is a tall cone.
* On music cue, dribble as fast at you can under control with your laces, inside of foot, or outside of foot to change directions, to the opposite cone and dribble around the cone and back to your relay line.
* Trap the ball for the next person in your relay line to go.
* When you have completed your turn, sit down in the back of the line.
* This will continue until all students have completed their turn.
* There are no “winners”.
* The next round we will let them all go for as long as the song takes and no one will sit down.
* The final round we will add in small dome cones so the students will have obstacles to dribble and weave in and out of the small dome cones.
* This final round they will also continuously participate in the drill and not sit down.
* Music stops, students freeze.
 | **Activity #1:*** All students get a ball from center of gym.
* Scatter formation.
* Warm up by self dribbling around the gym at their own pace to music.
* Introduction of passing skills.
* Track ahead of you and focus on target.
* Plant opposite foot beside the ball and towards the target.
* Turn your hip outwards and lift your kicking leg.
* Kick with inside of your strong foot.
* Follow through with your leg towards your target.
* All students get a ball. Boys get theirs first and then girls.
* Spread out around baselines of gym and find a poly spot to stand on.
* Trap your ball on poly spot
* When the music starts take two steps away from your ball, then progress towards your ball and kick it with the inside of your foot with your strong foot to the wall in front of you.
* Keep your eye on the spot on the wall where you want it to hit to come straight back to you.
* Next round, take 5 steps back and do the same activity.
* Next round take 8 steps back and do the same activity.
* Last round take 10 steps back and do the same activity.
* We will do the same progression but this time use your weak foot and take your time approaching the ball.
 | **Activity #1:*** Warm up = All students get a ball and scatter around baseline and pass to self against the wall while music is playing.
* Passing Relay
* Split up into groups of 4 and 2 stand on the poly spot at one end of the gym while the other 2 stand on the other poly spot across from their partners.
* When the music starts, the ball will start on one side of the gym and that person will dribble the soccer ball to the opposite side where the red poly spot is (meaning stop) and will pass it with their foot to the next partner.
* The next partner will do the same on the opposite end.
* This drill will continue through 2 songs.
* The next round my co teacher and I will move the spots farther away from the receiver.
* We will continue this each round until they have to pass from half court.
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| **Activity #2:*** “Group Dribbling Relay”
* Get into groups of 4 by getting toe to toe with 4 people.
* Person with earliest birthday goes and gets a soft gator ball from the center of the gym and “dribbles” it back to their group.
* Groups are split up by 2’s.
* Two students will stand one behind the other on a poly spot on the baseline with the first person with the ball in a “trapped” position.
* The other group will go to the other baseline across from their partners and stand one behind the other on a poly spot.
* On music cue the person with the ball will slowly walk and dribble the ball to the opposite end of the gym to the first person on the poly spot.
* The partner will receive the ball and trap it and then walk slowly and dribble it under control and give it to the next partner in the group.
* Next we will progress to a speed walk, then to a slow jog, a normal jog speed, and then finally to a run.
* As you speed up make sure you are landing on the front part of your feet rather than your heel. Landing on your heel will slow you down.
* When changing to a jog or run kick the ball with your “laces” to keep the ball straight ahead of you but under control.
* Also keep the ball “glued” to your laces which means to keep it close to you all times, unless you are passing the ball.
* To conclude the activity all students will hustle to the middle of the gym into the circle. Exit questions will be 1. What parts of the body may be used in soccer? 2. Explain how to correctly dribble a soccer ball. 3. Tell us something new that you learned today.
 | **Activity #2:*** Soccer Dribble Tag
* All students have a gator ball and start in scattered position.
* All students need to be in a “trapped” position with their ball.
* All students vs all students
* Everyone starts to dribble their ball around the gym and at the same time they try and kick anyone else’s ball away from them while they keep theirs under control.
* If a ball does get kicked away by another student, then that student must go get their ball and hold it above their head and jog to the nearest side line and perform 20 toe touches with their soccer ball.
* After the 20 toe touches are complete the student may re enter the game.
* Round 2
* All students have a ball.
* 5 players will have small half pool noodles and they are the taggers.
* Baselines are all in bounds.
* All students must try and dribble and stay away from the taggers.
* Taggers will be dribbling their ball as well as trying to tag others with a noodle shoulder or below.
* If you get tagged, you must pick up your ball and hold it above your head and jog to the nearest sideline and perform 10 ball push ups. (Place ball under your chest and make your chest touch the ball as your perform push ups).
* Conclusion of class, all will put up equipment and hustle to the middle for small class discussion.
* Review dribble techniques.
 | **Activity #2:*** Partner Passing Drill.
* Partner up toe to toe with someone.
* The partner that has the lowest alphabet in the beginning of their name will go get a ball for the both of them.
* Form a long line in the middle of the gym and face your partner toe to toe.
* During this drill use your strong kicking foot.
* Take 1 step back from one another and for each completed pass that is under control and trapped correctly you may progress and take another step away from your partner.
* Each trap you miss or kick that is not tracked correctly you must start over toe to toe with your partner.
* The goal is to get as far away as you can from your partner and complete passing and trapping correctly.
 | **Activity #2:*** Circle Passing Drill with Names
* Students will partner up with 5 people total.
* This will make 8 small circles in the entire gym.
* The shortest of the group will hustle to go get a ball for their 5 person group.
* There will be one person located in the center of the circle and the other 4 will make spacious circle around the one in the middle.
* When the music starts the person in the center will start in a trapped position.
* Then they will look at who they are passing to (in order clockwise direction) and call their name out and then pass it with correct footwork.
* The person receiving the pass will then trap it and call the center person's name out and pass it back correctly.
* The person in the middle has to pass it to all 4 partners before leaving the center.
* The person in the middle will then call out the name of the next person who is to be in the middle.
* This will continue so that all students get a turn at both positions.
* The next round everyone must use their weak foot to work with.
* All students will huddle to the middle for a class conclusion discussion about correct passing techniques.
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| SAFETY* Soft gator balls instead of real soccer balls.
* Scatter formation.
* Small groups of 4.
* Use of poly spots to keep spacing.
* pool noodles
* velcro
* carpet squares
* jump ropes
* foam blocks
* long floor hockey stick
* oversized colorful ball
* string
 | SAFETY* Soft gator balls instead of real soccer balls.
* Scatter formation.
* Baselines are in bounds.
* Soft half pool noodles to tag with.
* pool noodles
* velcro
* carpet squares
* jump ropes
* foam blocks
* long floor hockey stick
* oversized colorful ball
* string
 | SAFETY* Soft gator balls.
* Poly spots for spacing.
* Music for start and stop cues.
* Using the entire gym, big space.
* Working with partner.
* pool noodles
* velcro
* carpet squares
* jump ropes
* foam blocks
* long floor hockey stick
* oversized colorful ball
* string
 | SAFETY* Soft gator balls.
* Poly spots for spacing.
* Music for start and stop cues.
* Using the entire gym, big space.
* Working with partners.
* pool noodles
* velcro
* carpet squares
* jump ropes
* foam blocks
* long floor hockey stick
* oversized colorful ball
* string
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WEEK 2 of UNIT

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| **DAY 5****Focus:**  | **DAY 6****Focus:**  | **DAY 7****Focus:**  | **DAY 8****Focus:**  |
| **Learning Target:Passing** | **Learning Target:Shooting** | **Learning Target:Shooting** | **Learning Target:Shooting** |
| Materials* Soft gator balls, soccer balls, poly spots, cones, lines on the floor, timer, iPod with music, iPad, soft bowling pins and projector.
 | Materials* Soft gator balls, soccer balls, poly spots, cones, lines on the floor, timer, iPod with music, iPad, projector, soft bowling pins and indoor soccer goals.
 | Materials* Soft gator balls, soccer balls, poly spots, cones, lines on the floor, timer, iPod with music, iPad, projector, and indoor soccer goals.
 | Materials* Soft gator balls, soccer balls, poly spots, cones, lines on the floor, timer, iPod with music, iPad, projector, soft bowling pins, vest, white board with marker, and outdoor and indoor soccer goals.
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| **Activity #1:*** “Steal the treasure” lead up game.
* Played just like four corners but you must play with your feet and use all soccer skills. After you get the ball back to your home hoop you must pass it to a teammate and they must dribble it inside the hoop and trap it. Please see this website for detailed rules.
* <http://mrgym.com/SportsGames/StealTreas.htm>
 | **Activity #1:*** 5 minute warm up, all students have a gator ball and choose to work on either dribbling, passing, or both while the music is on.
* Introduction of shooting on goal.
* Explanation on approaching the ball from behind and keeping eye on your ball.
* Watch the ball as you step beside it with your non kicking foot.
* Pull back your strong foot from knee down.
* Your knee should be right over top of the ball before kicking it.
* Place kicking foot laces down and kick the ball with the top of your foot pointed down and get the ball to make contact with your laces.
* Wherever you aim your big toe is the direction your ball will go.
* Lean either back or forward when kicking. Leaning back will loft the ball, leaning forward will make your shoot low.
* Follow through with your kick towards target.
* All students have a ball and will find a poly spot around the baseline of the gym.
* When music is on the students know to start the activity.
* In front of each student on the wall will be tape that looks like the letter X.
* The X will be the target that the student is trying to hit with their gator ball.
* The first round the students will only take 1 step back, then take 1 step forward and make contact with the ball on their laces.
* We will then progress to multiple steps back until they get to the halfway mark of the gym floor.
* This way the students can work their way up to a full run.
* At first the students will do this with their strong foot.
* The second round the students will do this with their weak foot.
 | **Activity #1:*** Shoot on goal drill.
* We have 4 goals total.
* 10 students per goal.
* Students will need to partner up at their goals.
* All will have gator balls, but only 5 will be shooting on goal while the other 5 will be working on their dribbling and trapping around the baseline of the gym.
* There will be 5 poly spots located in front of the goal, these are the shooting spots.
* The students will place their ball on a poly spot, get as far back as they feel comfortable, but no more than 15 steps back.
* When the music starts they will walk, jog, or run to their ball, step with their non kicking foot beside the ball and kick with their strong foot, toe down, and make contact with their laces and kick the ball forward toward the goal.
* On their next shot they need to place the ball on a different poly spot in front of their goal and continue as before and shoot on goal.
* After they have completed all 5 poly spots they need to dribble their ball to their partner on the outside of the baseline and high five them to switch roles.
* When the first partner comes back to shoot they need to use their weak foot this round.
 | **Activity #1:*** “Pin Bowl Soccer”
* Better played outside on soccer field.
* Set up 4 outdoor goals.
* Divide class into 4 teams so that you can have 2 games going on at once on 2 seperate soccer fields.
* 2 goalies per team.
* 10 soft bowling pins are needed for each game.
* Set up the bowling pins randomly around the soccer playing field with a hula hoop around them.
* You may not be inside the hula hoops while the pins are up.
* While playing in this game you may score on goal for a point, kick and knock over pins for a point, or you may stop and pick up the ball and pivot and underhand roll the ball and knock over the pins for a point.
* Anytime a student scores a point they are responsible for running off to the side to their teams white board and marking a point with a marker.
* 12 soft gator balls will be played on each soccer field.
* Every 5 minutes we will change goalies.
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| **Activity #2:*** “Pin Galore Soccer”
* Objective is to knock over all opponents bowling pins and whoever does that team wins.
* At the same time when you knock pins over you can run across the half court mark and pick up those pins and bring them to your side.
* Please see this website for detailed instructions.
* <https://physedgames.com/category/soccer/>
* (I use physedgames.com A LOT)
* Class huddle in the middle and talk about the importance of two games played.
 | **Activity #2:*** “Pin Galore Soccer” game
* Please see previous day activity #2 for rules and regulations.
* This game helps with all skills in soccer, especially aiming at a stand still target (bowling pin).
* Class huddles for reviewing how to shoot at a target.
 | **Activity #2:*** Partner Shooting Drill
* Students will partner up elbow to elbow with nearest person.
* One partner will get a ball while the other other goes and stands on a poly spot on the baseline of the gym.
* The partner with the ball with start with the ball.
* The other partner will stand 5 feet apart but beside their partner.
* At the end of the gym will be a goal for them to shoot on.
* To make their way down each partner must dribble and pass back and forth to one another until they get to the poly spot where they need to shoot from.
* The next round down the other partner who did not get to shoot will shoot this time.
* Round 2 they will do the same but shoot with their weak foot.
 | **Activity #2:*** “Ultimate Soccer”
* 2 games of soccer will be going on at once using 2 soccer fields.
* 10 vs. 10 on each field.
* 10 soft gator balls will be used on each field for maximum participation.
* 2 goalies per team.
* This is a continuous game of soccer that uses many soft gator balls.
* Multiple players may play at the same time and try to score at once.
* The goalies try to prevent from all players from scoring and if they are scored on they need to get the balls out of the net quickly.
* We will switch goalies every 5 minutes.
* Conclusion of class we will discuss the previous activities and skills needed.
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| SAFETY & MODIFICATIONS* Soft gator balls.
* Using entire gym, big space.
* Vest to determine teammates.
* Hula hoops for determined space.
* Can work alone or with teammate.
* pool noodles
* velcro
* carpet squares
* jump ropes
* foam blocks
* long floor hockey stick
* oversized colorful ball
* string
 | SAFETY & MODIFICATIONS* Soft gator balls.
* Using wall as target.
* Using soft bowling pins as targets.
* Using entire gym space.
* Working by themselves.
* Vest to determine teammates.
* pool noodles
* velcro
* carpet squares
* jump ropes
* foam blocks
* long floor hockey stick
* oversized colorful ball
* string
 | SAFETY & MODIFICATIONS* Soft gator balls.
* Partner work.
* Use all of gym.
* Poly spots for spacing.
* pool noodles
* velcro
* carpet squares
* jump ropes
* foam blocks
* long floor hockey stick
* oversized colorful ball
* string
 | SAFETY & MODIFICATIONS* Soft gator balls.
* Hula hoops for spacing.
* 2 separate soccer fields.
* 2 goalies each net.
* Multiple players for maximum participation.
* pool noodles
* velcro
* carpet squares
* jump ropes
* foam blocks
* long floor hockey stick
* oversized colorful ball
* string
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Skill #1:DRIBBLING A SOCCER BALL

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| Critical Components  | Adapted Critical Components |
| Arms out to work around defender. | Attach pool noodle to gait trainer to act as open arms. |
| Stay in athletic position, knees bent, and slightly leaned forward. | Already in a bend position in the gait trainer. |
| Land on front of feet and not heels when jogging or running. | “AC” already walks on the front of her feet and not heels.  |
| Slow dribble use inside of foot. | Ball attached to gait trainer on a short string. |
| Jogging or running use laces to place the ball straight ahead. | Attach a foam block to laces to help make that contact with “laces”. |
| Keep ball “glued” to your laces, keep it close. | Ball attached to gait trainer on a short string. |
| Making a quick direction turn use outside of foot. | Put small pool noodles attached to gait trainer front legs to act as outside of foot contact point. |

Skill #2:PASSING A SOCCER BALL

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| Critical Components  | Adapted Critical Components |
| Track ahead of you and see your target. | “AC” has great vision. If someone did not you could place a large colorful ball in front of them. Possibly a large volleyball trainer. You could also use a beep ball if their is no vision. |
| Plant opposite foot beside ball and towards target. | Place velcro on bottom of shoe and on a carpet square to get a good grip and stance beside the ball.  |
| Turn hip outwards. | “AC” does not have good flexibility in her hips due to her CP so I will not make her extend her hips in this direction.  |
| Lift kicking leg to the side. | While her foot is velcroed to the floor and beside the ball, there will be another ball that she can actually strike. Use of floor hockey stick. She will lift her floor hockey stick to the side to mimic her leg doing so. |
| Use inside of kicking foot to pass the ball under control. | She will lift the floor hockey stick and strike the second ball towards her target. |
| Follow through with your kicking leg towards your target. | She will need to follow through with the floor hockey stick to mimic her leg. |

Skill #3:SHOOTING A SOCCER BALL

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| Critical Components  | Adapted Critical Components |
| Start directly behind the ball. | Have “AC” walk with gait trainer and get behind soccer ball. Soccer ball will be propped up on a small dome cone to help her get under the ball. |
| Plant weak foot right next to the ball. | Use velcro carpet square to help weak foot stay planted right beside ball. |
| Pull back strong foot from knee down and extend hip back a little. | Attach jump rope to her kicking foot and pull rope back slightly to help keep extended. |
| Place knee directly over the ball. | Ball will already be there. |
| Aim with your big toe. |  |
| Swing your leg towards the target. | Pull jump rope from front to help her swing kicking foot. |
| Contact the ball with your “laces”, the top of your foot, not toe. | Attach small foam block to “laces”of shoe. The foam block and small dome with help her contact the ball and be successful. |
| Follow through with your leg and foot. | Slightly pull jump rope forward to help with follow through. |

**Assessment for one of the three skills:**

How will you know if your student met the learning target? This assessment can be a checklist, self-assessment, peer-assessment, etc.

Summative Assessment for “AC” on Dribbling a soccer ball.

*Description:* “AC” will demonstrate how to dribble a soccer ball to the best of her ability and with modifications. Her main goal is to make contact with the ball, progress forward, and keep control of the ball. She will be tested 4 times on each critical element. The goal is to successfully score 4 out of 4 times to show that she learned the skill proficiently. This summative assessment will be given at the end of the 2 week unit.

Soccer Dribbling Rubric for “AC”

*Elements:*

1. Arms out to keep defender away
2. Stay in athletic position, knees bent, and slightly leaned forward.



1. Slow dribble use inside of foot, fast dribble use “laces”.





 4. Keep the soccer ball close to your feet.

 

 5. Use outside of foot to make a quick turn.

 

*Scoring of Rubric:*

Elements mastered Score

0 / 4 or 1 / 4 = 1

2 / 4 = 2

3 / 4 = 3

4 / 4 = 4

\*\*Teacher will check box if completed successfully\*\*

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| --- | --- | --- | --- | --- | --- |
|  | 1st attempt | 2nd attempt | 3rd attempt | 4th attempt | Total Score |
| Arms out while dribbling. |  |  |  |  |  |
| Stays in athletic position, knees bent, slightly leaned forward. |  |  |  |  |  |
| Slow dribble and uses inside of foot. |  |  |  |  |  |
| Fast dribble uses “laces” top of foot. |  |  |  |  |  |
| Keeps soccer ball “glued” close to feet. |  |  |  |  |  |
| Use outside of foot to switch directions. |  |  |  |  | Grand Total Score |