

Elementary Physical Education

Lesson/Unit: SOCCER

Grade Level: K-6

Standards, Goals & Objectives

Standard 1: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

- SOCCER
- WARM-UP EXERCISES

Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.

- FEET DRIBBLING
- PASSING- GIVE, RECEIVE

Standard 3: Participates regularly in physical activity.

- SOCCER ACTIVITIES
- WARM-UP EXERCISES

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

- SOCCER ACTIVITIES
- WARM-UP EXERCISES

Standard 5: Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.

- TEAMWORK WITHIN THEIR GROUPS

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

- SOCCER AS A LIFE LONG SKILL/EXERCISE OPPORTUNITY

Equipment Needed

- SOCCER BALLS
- SOCCER GOALS
- JERSEYS/PENNIES

Lesson Content

Warm-up & Intro: (5 MIN)

WARM-UP ROUTINES

- FORM RUNNING
- STRETCHING

Fitness Activity 5 MINUTES

- JUMP ROPES

Skill Activities (5 MIN)

- SOCCER STATIONS
 - PASSING, DRIBBLING, SHOOTING, PASS RECEIVE
 - 1 ON 1 SOCCER SKILL COMPETITIONS
 - SOCCER SKILL STATIONS
 - SMALL GROUP SKILL COMPETITIONS

Game Activity 8-10 Minutes: Team/Group Games

- SMALL GROUP SOCCER GAMES
 - 2 SMALL GAMES WIDTH OF GYM
 - 1 LARGE GAME MULTIPLE BALLS AND GOALS

Student Progress and Assessment

- At the end of the lesson, each student in the class should have helped contribute to his/her team's effort.
- Students should feel confident in their hand/eye coordination.
- Students should feel confident in demonstrating the passing and receiving pass mechanics
- Students should be excited to learn games when kicking skills are used
- Student's fine/gross motor skills improvement will lead to better participation and class experience.
- Students will show/demonstrate both cognitive and physical understanding of soccer and its competition forms.

