Health Smart Virginia - Sample Lesson Plan

Grade Level 5

Unit: Soccer

SOLs:

- 5.1 A Demonstrate mature form in locomotor, non-locomotor, and manipulative skill combinations in more complex and dynamic environments and modified sports activities, to include overhand and underhand throw and catch, execution to a target, hand dribble, foot dribble, consecutive striking with a partner over a net or against a wall, and striking a ball while stationary and moving.
- 5.1 B Create and perform an educational gymnastic sequence including travel, roll, balance, and weight transfer, with smooth transitions and changes of direction, shape, speed, and flow.
- 5.1 C Create and perform individual or group rhythm/dance sequences including American and international dances and a jump-rope routine (self-turn or long rope).
- 5.1 D Demonstrate use of space in a variety of activities.
- 5.1 E Demonstrate accuracy in a variety of activities.
- 5.1 F Demonstrate use of force in a variety of activities.
- 5.1 G Apply concepts of direction and force to strike an object with purpose and accuracy.

Title: Striking with Foot

Objectives/Goals:

- The student will perform at least 10 strikes with an implement using the two cues
- The student will identify cues passing ball: step to the target, inside foot to center of ball, firm kick, follow through
- Identify ways to exhibit personal responsibility while practicing striking with foot activities
- Increase heart rate to the “GO ZONE” (130-180 bpm)
**Materials:**
- iPod with Bluetooth speaker
- Cones
- soccer balls
- 6” and 8.5” gator balls
- inflated balloons
- task completed board
- timer
- poly spots

**Procedure:**

<table>
<thead>
<tr>
<th>Learning Activities/Task</th>
<th>Organization</th>
<th>Skill / Behavior Cues</th>
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<tbody>
<tr>
<td>Warm-up: Students will enter gym and jog on blue or green line for duration of song - typically 3 minutes or so. Blue line is for continuous jog, good spacing, green line is if students aren’t on task or choose to walk and rest on interior red line. Those that have walked may come back on green line only. Goal is for all students to jog for the continuous time period- 3 minutes.</td>
<td>Students jog clockwise on chosen appropriate color. X X X X</td>
<td>Cues: Strong and steady, Breathe in nose and out mouth. At conclusion find pulse at carotid artery. T call out time for 6 seconds. STS will take # and multiply. Are you in the Go Zone- 130-180bpm?</td>
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<table>
<thead>
<tr>
<th>OPEN Activity Soccer Tag</th>
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<th>Cues: Passing</th>
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<tbody>
<tr>
<td>It's time for Soccer Tag. On the start signal, work to dribble throughout the activity area without getting tagged by a player with a rubber chicken. Taggers, be sure to tag with your fingers. If you're tagged, hold the soccer ball above your head and make a goal with your feet. You're free when someone passes a ball thru your legs.</td>
<td></td>
<td>Step Up to the Target Inside Foot to Center of Ball Firm Kick Follow Through <strong>Taggers</strong> Tag with Fingers Shoulders Only</td>
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### Activity Procedures:
1. This is a partner game called Windows. You and your partner will dribble through the activity area, making as many passes as you can through open "windows" (cones). You must pass through a new window with every pass.

### WINDOWS
- Dribble, Ball Control, Body Control, Practice, Skill Combination, Small-sided Game, Pass, Trap, Receive, Inside of the Foot, Outside of the Foot, Follow Through, Center of the Ball, Stationary

### Closure:
When the music stops and the teacher says freeze, Sts will clean up centers and walk to line up to leave. T will review centers and ask questions:

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### DOK questions from OPEN:
- **DOK 1:** What is offense? What is defense?
- **DOK 2:** How would you apply offensive strategy in Soccer Tag?

### Cues:
- Ears Alert
- Eyes Up
- Quick Looks
- Inside/Outside Taps

### Skill:
I will make and receive at least 5 accurate passes.

### Cognitive:
I will review and recite the critical cues for both passing and trapping.

### Fitness:
I will maximize my activity time by staying engaged in the Windows activity without teacher reminders.

### Personal & Social Responsibility:
I will encourage my partner to work toward improvement during activity.

### Pass:
- Leading Passes
- Inside Foot to Center of Ball
- Firm Kick
- Follow Through

### Trapping:
- Move to the Ball
- “Give” with Your Trapping Foot
- Soft Contact then Tap and Go
<table>
<thead>
<tr>
<th>Defensive strategy?</th>
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<td><strong>DOK 1</strong>: What are the components of health-related fitness? Skill-related fitness?</td>
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<td><strong>DOK 2</strong>: How does regular physical activity affect health-related fitness? Skill-related fitness?</td>
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<td><strong>DOK 3</strong>: How is health-related fitness related to performance in activities similar to soccer?</td>
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**Assessments, References & Sources:**

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