

# 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:**

Learning Activities/Task	Organization	Skill / Behavior Cues
Warm-up:	Students jog clockwise on	Cues:
Students will enter gym and jog	chosen appropriate color.	Strong and steady, Breathe in
on blue or green line for		nose and out mouth.
duration of song- typically 3		At conclusion find pulse at
minutes or so. Blue line is for		carotid artery. T call out time
continuous jog, good spacing,	XXXX	for 6 seconds. STS will take #
green line is if students aren't on	X x	and multiply. Are you in the Go
task or choose to walk and rest	X X	Zone- 130-180bpm?
on interior red line. Those that	XXXXXXXXXXXX	
have walked may come back on		
green line only. Goal is for all		
students to jog for the		
continuous time period- 3minutes.		
Similates.		
OPEN Activity Soccer Tag		Cues: Passing
of his fields they boccer rug		duesi russing
It's time for Soccer Tag. On the		Step Up to the Target Inside Foot
start signal, work to dribble		to Center of Ball Firm Kick
throughout the activity area		Follow Through <b>Taggers</b> Tag
without getting tagged by a		with Fingers Shoulders Only
player with a rubber chicken.		g
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.		

WINDOWS -	Copy	and	pasted
from OPEN.			

**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. W

#### **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:

DOK questions from OPEN:

**DOK 1:** What is offense? What is defense?

**DOK 2:** How would you apply offensive strategy in Soccer Tag?

- 1. Create boundaries for a large activity area with
- 2. Create and scatter as small goals w/2 low profile cones per goal.
- 3. Pair students, each pair with a ball.
- 4. Send pairs to an open space within the bounds.

#### **Passing**

**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

Cues:

Ears Alert X Eyes Up X X x **Quick Looks** 

Inside/Outside Taps X

Т

X

X

X

X X

X x

Defensive strategy?	
<b>DOK 1:</b> What are the	
components of health-related	
fitness? Skill-related fitness?	
<b>DOK 2:</b> How does regular	
physical activity affect health-	
related fitness? Skill- related	
fitness?	
<b>DOK 3:</b> How is health-related	
fitness related to performance in	
activities similar to soccer?	

## **Assessments, References & Sources:**

- National Standards for K-12 Physical Education Copyright 2013, SHAPE America Society of Health and Physical Educators, 1900 Association Drive, Reston, VA 20191, www.shapeamerica.org. All rights reserved.
- https://openphysed.org/
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- https://healthsmartva.org/uploads/rteditor/file/I-01-A-SoccerSkills-FullModule-VA-Version.pdf
- OPEN PhysEd