Soccer

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 1**
Length: **3 weeks**
Status: **Published**

Standards

2.2.12.MSC	Movement Skills and Concepts
2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball).
2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).
2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.
2.2.12.PF	Physical Fitness
2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
2.2.12.PF.3	Design and implement a personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principles (FITT) and the components of skill related fitness.
2.2.12.PF.4	Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants).
2.2.12.PF.5	Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.
2.2.12.LF	Lifelong Fitness
2.2.12.LF.1	Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.
2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.
2.2.12.LF.4	Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.
2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new).

Enduring Understandings

1. Teamwork and communication are essential to ensure the best possible results during game play.

HE.9-12.2.2.12.MSC.3 -- [Core Idea] - *Individual and team execution requires interaction, respect, effort, and positive attitude.*

2. Playing soccer can be an effective way to increase cardiovascular endurance.

HE.9-12.2.2.12.PF - Physical Fitness- [Core Idea] - *Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*

3. Participating in soccer can increase one's understanding how critical aerobic exercise is to the overall health of an individual.

HE.9-12.2.2.12.PF - Physical Fitness- [Core Idea] - *Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*

4. Soccer effectively demonstrates an understanding of movement concepts and the use of basic and refined motor skills.

HE.9-12.2.2.12.MSC - Movement Skills and Concepts- [Core Idea] - *Advanced technique and concepts will elevate student's confidence,performance, skills, and participation in physical activity (e.g., games, sports,aerobics, fitness activities).*

5. Soccer's popularity and impact on cultures around the world is growing exponentially.

HE.9-12.2.2.12.LF5- [Core Idea] - *Community resources can support a lifetime of wellness to self and family members.*

HE.9-12.2.2.12.LF - Lifelong Fitness- *[Core Idea] - Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in asafe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming).*

Essential Questions

1. What skills are necessary to be successful in soccer?

2. Why are teamwork and communication important in soccer?

3. What are the important targeted fitness components of the sport?

4. What is soccer's impact around the world?

5. How can individuals move safely and effectively during game play in order to be successful in the game of soccer?

Knowledge and Skills

The performance expectations are:

-Demonstrate proper techniques when dribbling, passing, shooting and defending. **HE.9-12.2.2.12.MSC1**

-Demonstrate an understanding and respect for themselves, each other, the equipment, and the rules of the game. **HE.9-12.2.2.12.PF**

-Demonstrate proper goal tending. **HE.9-12.2.2.12.MSC**

-Responsibly demonstrate personal and social behavior. **HE.9-12.2.2.12.MSC.3**

-Demonstrate the ability to use effective interpersonal skills and use of motor skills. **HE.9-12.2.2.12.MSC3**

Transfer Goals

1. Students will be able to develop an appreciation of soccer as a lifelong sport.

2. Students will be able to develop physical awareness of one's health through this anaerobic and aerobic activity.

3. Students will be able to connect the communication skills utilized during a team activity and how they correlate with skills needed to communicate in the community.

Resources

Online Resources include:

PE Central is a web based physical education platform where educators collaborate and share lessons and ideas in order to unify and expand professional knowledge.

https://www.pecentral.org/

YouTube is a general resource in which educators have individual pages in addition to sport specific videos related to rules

and skills associated with specific sports.

https://www.youtube.com/

Soccer Drive provides an abundance of resources for youth soccer that includes drills, tactics, formations, practice plans, skills training, and more.

https://www.soccerdrive.com/

Assessments

https://docs.google.com/document/d/1BOAeClx7LL5zRF2pRuT3834ZpzSQUwwv/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit