**Indian Land High School**

**Physical Education/Health**

**Lesson Plan**

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| **Grade Span/Level:**  **Time Frame:****1st Unit:** **Soccer**    **Activity:** **dribbling, passing, trapping, shooting Objective:** **The student will be able to demonstrate the ability to perform soccer skills as it relates dribbling, passing, trapping, shooting, guarding, teamwork, sportsmanship, and cooperation.** | | |
| Physical Fitness Goals**:**  **Striking and eye-foot coordination. Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, coordination, balance, speed, power, agility, and reaction time.**  Fitness Gram: **Yes  No** | **PE** **Standards Addressed:** **1-6**  **Health Standards Addressed:** | |
| Equipment Needed: Goals, balls, cones, vests | Space Requirements: Soccer Field | |
| Essential Skills: Basic strategies and tactics of the game  Skills: dribbling, passing, trapping, shooting, throw-ins, headers, and guarding.  Development of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, balance, coordination, agility, power, speed, reaction time, cooperation, teamwork, and sportsmanship.  Essential Content Knowledge: Rules of etiquette, safety, and game play. Basic strategies and tactics of the game. Knowledge of dribbling, passing, trapping, shooting, throw-ins, headers, guarding, mark, weight transfer, force, angles, contact point, and trajectory. Terms:offense, defense, possession, outlet, receiver, goal=1 point, forwards/strikers, midfielders, full backs, sweeper, goalie, center circle, sideline, backline, 18 yard marker, out-of-bounds, in-bounds, win, man on, clear, attack, post, flag, cross, cut-off, foul, cards (yellow/red), shot, steal, handball, assist, cut, ready position, fake, goal, ball, net, open net, front (left, center, right), back (left, center, right), rotation, switch, percentage, attack, game, and penetration. | | |
| **Activity** | **Description/Process** | **Time** |
| Warm-up | **Dynamic-Jog/sprint, line jumps, shuttle run, push-ups, sit-ups, squats, high knees, a-skip, power skip, bounding, speed rope.** | **5 minutes.** |
| Teacher Demonstration | **The teacher will demonstrate the following: First Day-Background history/rules (Power Point, Visual Aid, Study Guide)-Student Note-Take,**  **Grip, stance, footwork, dribbling, passing, trapping, throw-ins, headers, and shooting.** | **10 minutes** |
| Practice Activities | **Students will work:independently, with a partner, in groups of 5 (6 teams) and participate in soccer games:**  **Individual (No goal)**  **Self Taps (Stationary-sole of the foot)**  **Self Juggle**  **Self Dribbling (Straight Line)**  **Self Dribbling (Weave in and out of cones)**  **Self Push Passing/Foot Trapping-Instep and outstep (Against the wall)**  **Self Throw-ins (Against the wall)**  **Self Toss and Thigh/Chest Trap**  **Self Toss and Headers (Air)**  **Partner -Group of 2 (No Goal)**  **Dribbling and Guarding 1v1**  **Passing and Foot Trapping**  **Underhand Toss and Thigh/Chest Trap**  **Underhand Toss and Headers**  **Throw-Ins and Traps/Headers**  **Group (No Goal)**  **Dribble in and out-arouund peers (Whole Class)**  **Monkey in the Middle (Group of 3)**  **3 Man Weave (Group of 3)**  **Triangle Passing and Foot Trapping(Group of 3)**  **Throw-In to Traps/Headers and Push Passes (Group of 3)**  **Shots on Goal**  **Team (Goal)**  **Modified Games-6 teams of 5 players will rotate clockwise and play 6-5 minute games.**  **Last Day-Written Test, Skills Test, and Round Robin Tournament (Regulation Games).** | **60 minutes** |
| Cool-Down | **Static-Superman, standing hurdles, squatted butterflies, sit and reach, trunk lift.** | **5 minutes.** |
| Monitor and Feedback  (Formative Assessments) | **The teacher will walk around the peripheral area giving specific feedback (ex. making positive comments regarding good effort, attitude, teamwork, good communication skills, and fair play. Teacher Observation, Peer Observation, Skills Test (0-4 Rubric), and Written Test (10 T/F Questions).** | **Throughout the lesson.** |
| Special Needs/Modifications | **Peer buddies, extended time, preferential spacing, colored equipment, smaller equipment, smaller groups, equal groups based on personalities/ethnicity/gender/ability, music-hip hop.** | **N/A** |
| Integration Elements: | **Literacy Skills:** **Reading and comprehension, interpreting textual information.**  **Math Skills:** **Counting, angles, geometry, measurement.**  **Lifetime Appreciation:** **Teamwork, sportsmanship, cooperation, improvement of fitness level, recreational activity, social interaction, family/church/local league participation.**  **Health:** | |