**East**

**Grades 6-12 Physical Education**

Soccer Unit

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| **Stage 1 Desired Results** | | |
| ESTABLISHED GOALS   * Standard 1: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. * Standard 2: Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. * Standard 3: Students will understand and be able to manage their personal and community resources * Positive communication and cooperative team settings will be evident amongst teams. | ***Transfer*** | |
| *Students will be able to independently choose to engage in soccer in order to achieve and maintain a healthy lifestyle.* | |
| ***Meaning*** | |
| UNDERSTANDINGS  *Students will understand that…*   * Proper form for individual skills is essential for mastery of the skill. * Different components of soccer positively impact your overall health in different ways. * Teamwork skills and strategy are essential in a team sport. | ESSENTIAL QUESTIONS   * How do you use angles in soccer? What other math concepts are used to strategize? * How does working as a team instead of an individual enhance your performance? Both socially and physically. * How can I move effectively and efficiently in order to improve my skill levels? |
| ***Acquisition*** | |
| *Students will know…*   * Soccer specific skills:   + Passing, trapping, dribbling, shooting * Strategy:   + Sequences, cutting, angles * Rules/Scoring of a game | *Students will be skilled at…*   * Procedures for participating in skill drills/game play * Individual sport specific skills * Positive participants/team leaders * Scoring the game |
| **Stage 2 - Evidence** | | |
| **Evaluative Criteria** | **Assessment Evidence** | |
| Participation/Sportsmanship  Skill Stations/Game Play | PERFORMANCE TASK(S):   * Daily Grade based on Department established Rubric. * Daily Fitness component towards Fitnessgram improvement * Improvement of Skill level through tasks, skills, and student led games | |
| Soccer Written Assignments | OTHER EVIDENCE:   * Written assignment on skills, rules, and impact on overall wellness | |
| **Stage 3 – Learning Plan** | | |
| *Summary of Key Learning Events and Instruction*  Day 1:   * History of Soccer * Soccer’s health benefits & social benefits * Community resources * Rules of the game & safety/purpose of the rules * Introduce equipment – Stationary movement with the ball (Foundations) * Game play * Exit ticket (Rules and expectations)   Day 2   * Introduce dribbling * Warm up – Cardiovascular endurance dribbling with the ball 5 -10 minutes * Introduce passing and trapping * Stationary passing and trapping with a partner * Keep away 2v1, 3v1, 4v1, 5v2 * Exit ticket (Communication)   Day 3   * Warm up – pass and move with a partner * Introduce shooting * Basic shooting fundamentals with a partner. * Shooting drills: overlap, give and go, four corners and three man weave. * Game play * Exit ticket (Teamwork)   Day 4   * Warm up – 1v1 * Small sided games * Review responsibilities, rules and game procedures * Full field games * Exit ticket (Fitness Component, Cardiovascular Endurance) | | |