**ACTIVE HOME PHYSICAL EDUCATION: Soccer Skills 3-5**

Complete the activity with a friend or family member. Don’t forget to log your daily physical activity time.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I can dribble safely in self-space and pass with family members.  | I can kick accuracy to a target with my soccer skills.  | I can control the ball using the inside and outside of my foot.  | I can pass my ball with control towards the target to score a point.  | I can practice using my skills while playing games with family members.  |
| **Today’s Vocabulary** | **DRIBBLE**Maneuvering a ball under the control of a single player. | **ACCURACY**The quality of being correct, precise, or on target. | **INSIDE OF THE FOOT**The longest section of the foot, running down the side from the big toe to the heel. | **PASS**To move an object from one space to another. | **PRACTICE**To purposefully perform an activity or skill repeatedly in order to make an improvement. |
| **Warm-Up Activity** | [Get Up](https://family.gonoodle.com/activities/get-up)(GoNoodle) | [Over Drive](https://family.gonoodle.com/activities/overdrive)(GoNoodle) | [I Gotta Feeling](https://family.gonoodle.com/activities/i-gotta-feeling)(GoNoodle) | [Electricity](https://family.gonoodle.com/activities/electricity)(GoNoodle) | Choose Your Own |
| **Learning Focus Activity** | **Activity 1:** 1st: [Driver’s Test](https://openphysed.org/wp-content/uploads/2015/10/P-01-06-FootSkills-StationCards.pdf) Activity Card2nd: [Partner Passing](https://openphysed.org/wp-content/uploads/2015/10/P-01-06-FootSkills-StationCards.pdf)Activity CardUsing a soccer ball or a sock ball practice your skills safely.  | **Activity 2:** [Soccer Archery](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/soccer-skills/I-01-06-SoccerSkills-StationCards.pdf?dl=0) Activity CardUsing a ball practice your skills safely. *Get creative by substituting different equipment for items you have at home.* | **Activity 3:** [Soccer Ski Slalom](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/soccer-skills/I-01-06-SoccerSkills-StationCards.pdf?dl=0)Activity CardUsing a soccer ball or a sock ball practice your skills safely. | **Activity 4:**[Soccer Bocce](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/soccer-skills/I-01-06-SoccerSkills-StationCards.pdf?dl=0)Activity CardUsing a soccer ball or a sock ball practice your skills safely. | **Activity 5:**[Soccer Volleyball](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/soccer-skills/I-01-06-SoccerSkills-StationCards.pdf?dl=0)Or[Soccer Basketball](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/soccer-skills/I-01-06-SoccerSkills-StationCards.pdf?dl=0)Get creative by substituting different equipment for items you have at home. |
| **Daily Movement Activity** | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/03-CAL-DEAM-March-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/03-CAL-DEAM-March-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) |
| **Refocus** | [Let’s Unwind](https://family.gonoodle.com/activities/lets-unwind)(GoNoodle) | [Mindless to Mindful](https://family.gonoodle.com/activities/from-mindless-to-mindful)(GoNoodle) | [Let’s Unwind](https://family.gonoodle.com/activities/lets-unwind)(GoNoodle) | [Mindless to Mindful](https://family.gonoodle.com/activities/from-mindless-to-mindful)(GoNoodle) | [Let’s Unwind](https://family.gonoodle.com/activities/lets-unwind)(GoNoodle) |
| **Did I log my total activity time?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** |
| **How am I feeling today?** |  |  |  |  |  |