
















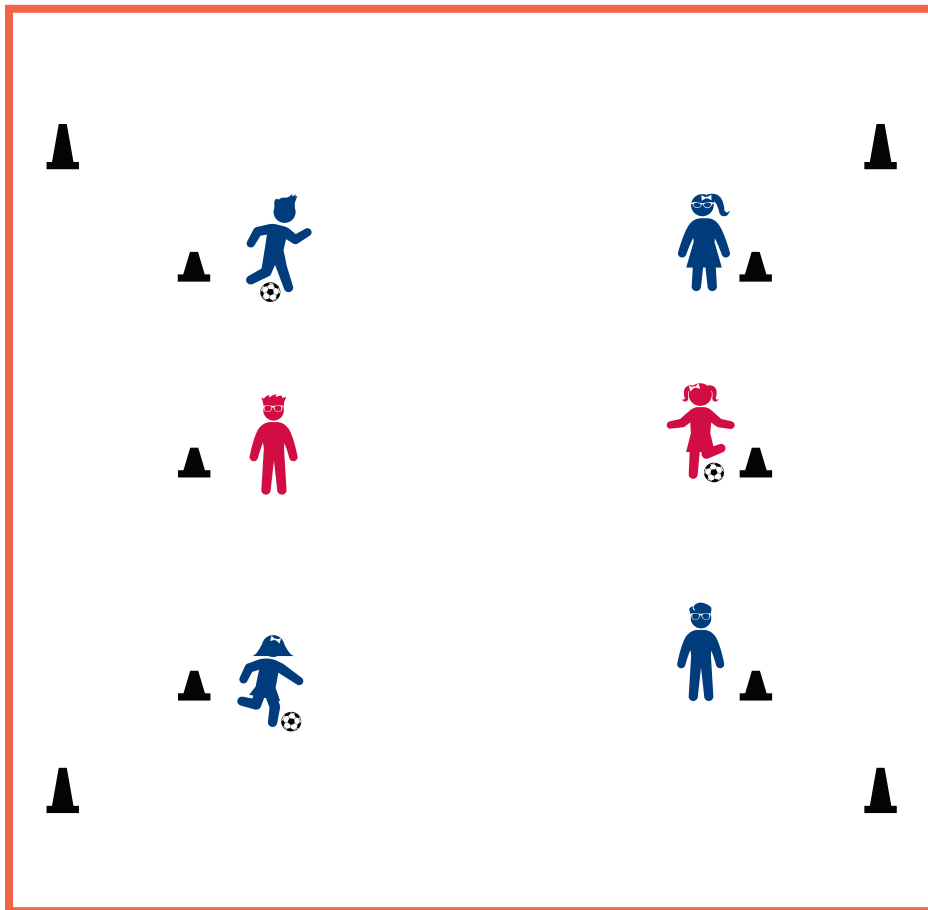
**ACTIVE HOME PHYSICAL EDUCATION: Soccer Skills 3-5**

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
<b>My Learning Goals</b>	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.
<b>Today's Vocabulary</b>	<b>DRIBBLE</b> Maneuvering a ball under the control of a single player.	<b>ACCURACY</b> The quality of being correct, precise, or on target.	<b>INSIDE OF THE FOOT</b> The longest section of the foot, running down the side from the big toe to the heel.	<b>PASS</b> To move an object from one space to another.	<b>PRACTICE</b> To purposefully perform an activity or skill repeatedly in order to make an improvement.
<b>Warm-Up Activity</b>	<a href="#">Get Up</a> (GoNoodle)	<a href="#">Over Drive</a> (GoNoodle)	<a href="#">I Gotta Feeling</a> (GoNoodle)	<a href="#">Electricity</a> (GoNoodle)	Choose Your Own
<b>Learning Focus Activity</b>	<b>Activity 1:</b> 1st: <a href="#">Driver's Test</a> Activity Card 2nd: <a href="#">Partner Passing</a> Activity Card Using a soccer ball or a sock ball practice your skills safely.	<b>Activity 2:</b> <a href="#">Soccer Archery</a> Activity Card Using a ball practice your skills safely. <i>Get creative by substituting different equipment for items you have at home.</i>	<b>Activity 3:</b> <a href="#">Soccer Ski Slalom</a> Activity Card Using a soccer ball or a sock ball practice your skills safely.	<b>Activity 4:</b> <a href="#">Soccer Bocce</a> Activity Card Using a soccer ball or a sock ball practice your skills safely.	<b>Activity 5:</b> <a href="#">Soccer Volleyball</a> Or <a href="#">Soccer Basketball</a> Get creative by substituting different equipment for items you have at home.
<b>Daily Movement Activity</b>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>
<b>Refocus</b>	<a href="#">Let's Unwind</a> (GoNoodle)	<a href="#">Mindless to Mindful</a> (GoNoodle)	<a href="#">Let's Unwind</a> (GoNoodle)	<a href="#">Mindless to Mindful</a> (GoNoodle)	<a href="#">Let's Unwind</a> (GoNoodle)
<b>Did I log my total activity time?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>
<b>How am I feeling today?</b>	  	  	  	  	  



# PARTNER PASSING



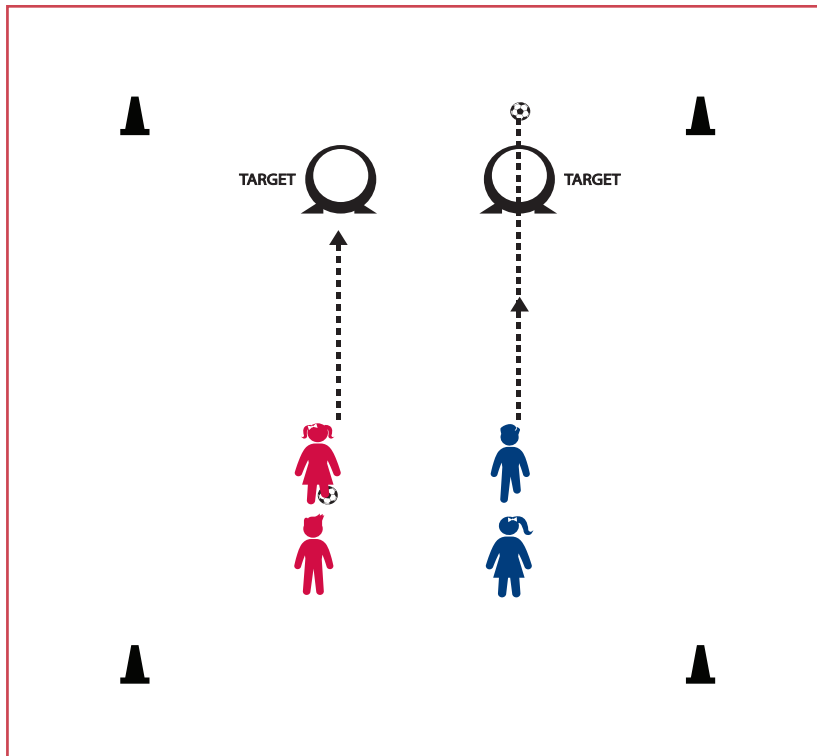
- 1.** When the music starts, begin passing back and forth with your partner between the cones.
- 2.** As you pass, repeat the cues for passing out loud so your partner can hear what you say.
- 3.** Keep passing until the music stops.



# SOCCER ARCHERY

## HOW TO PLAY

**1.** Players take turns attempting to kick and hit the target.



## EQUIPMENT

- ✓ 1 soccer ball per 2 players
- ✓ Target (see set-up for options)

## SET-UP

- ✓ Target - If inside, mark the target on the wall using tape or chalk. If outside, use large cones or hula hoops.
- ✓ Players - Have the players stand 10-15 feet away from the target for shooting and 20-25 feet away for kicking.



# SOCCER SKI SLALOM

## SET-UP

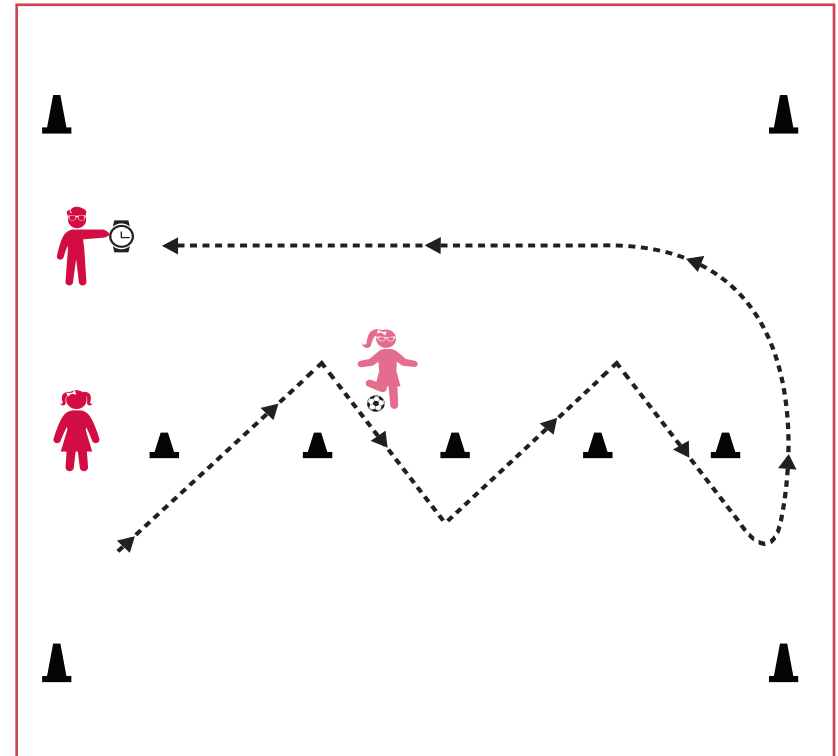
- ✓ Place cones in a zigzag pattern inside the grid station.

## HOW TO PLAY

1. The player with the stopwatch says, "Go!" and starts the stopwatch.
2. One player dribbles, weaving through the cones.
3. The third player is an official and watches to be sure the racer does not miss any cones.
4. The timer stops the clock when the racer finishes. Count the number of cones missed and add 3 seconds for each one to calculate a final time.
5. Rotate jobs and repeat.

## EQUIPMENT

- ✓ 1 soccer ball per 3 players
- ✓ 2 cones per player
- ✓ 1 stopwatch



# SOCCER BOCCE

## EQUIPMENT

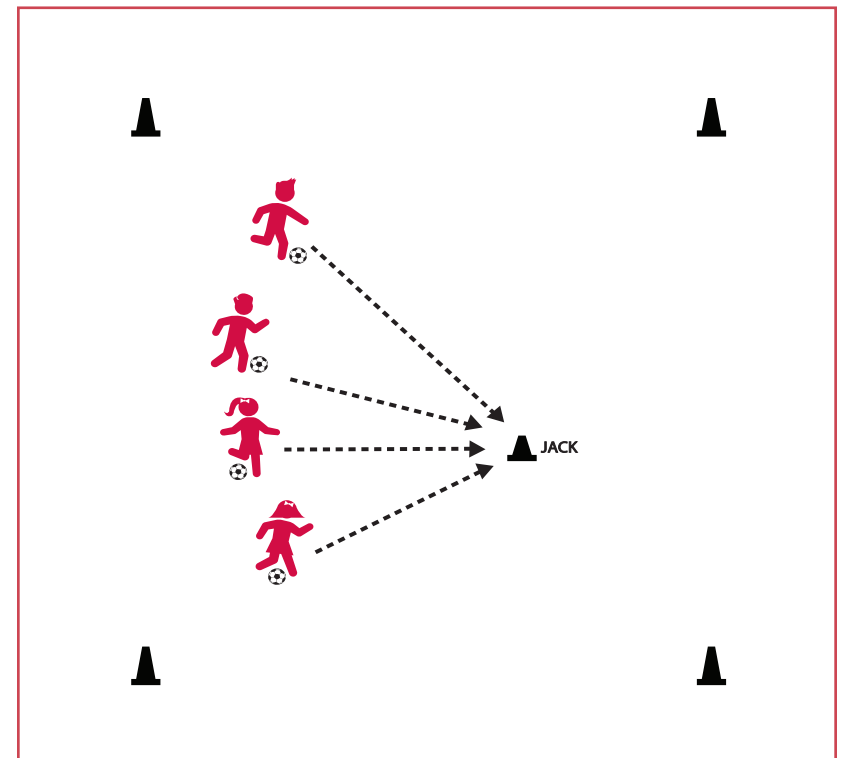
- ✓ 1 soccer ball per player
- ✓ 1 low profile cone (or bean bag) per group

## HOW TO PLAY

1. One of the players from the group tosses the cone/bean bag (this object is the "jack").
2. Each player is trying to pass her/his ball closest to the jack, starting with the player that tossed the jack.
3. The player whose ball is closest scores a point.
4. Repeat with a different player tossing the jack.

## SET-UP

- ✓ Create groups of 2-4 players. Each player with a ball and each group with a low profile cone (or bean bag).



# SOCCER VOLLEYBALL

## HOW TO PLAY

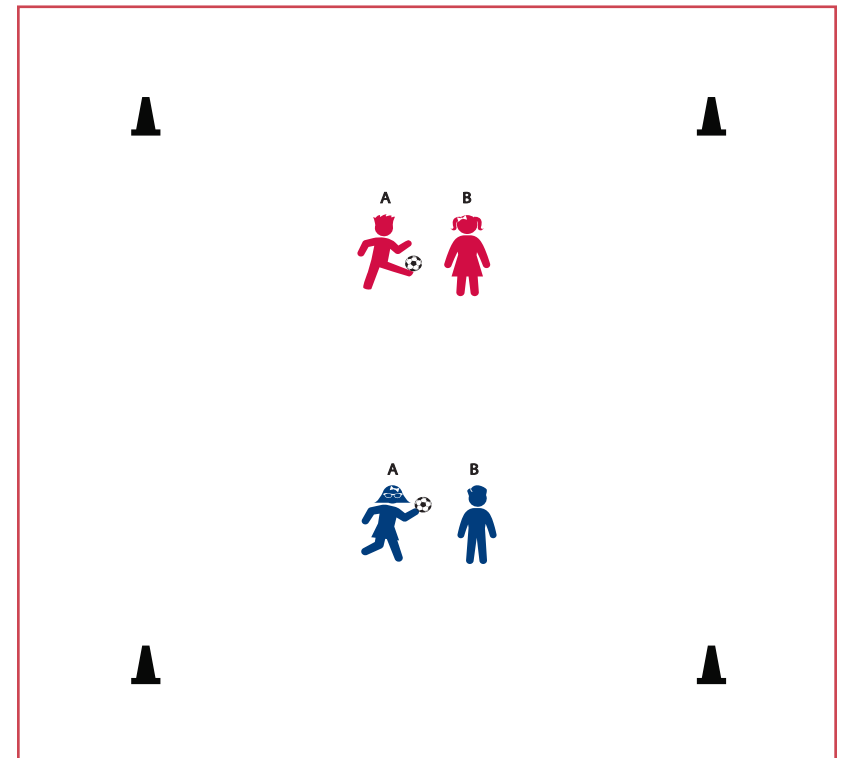
- 1.** Partner A self-tosses the ball to make 1 juggle, and then must catch the ball before it hits the ground. Partner A gives the ball to Partner B.
- 2.** Partner B then self-tosses to make 2 juggles and a catch. Partner B gives the ball to Partner A.
- 3.** Partner A must then get 3 juggles and a catch.
- 4.** This continues until a player does not make the necessary number of volleys/juggles OR a player does not catch the ball before it touches the ground.

## EQUIPMENT

- ✓ 1 soccer ball per 2 players

## SET-UP

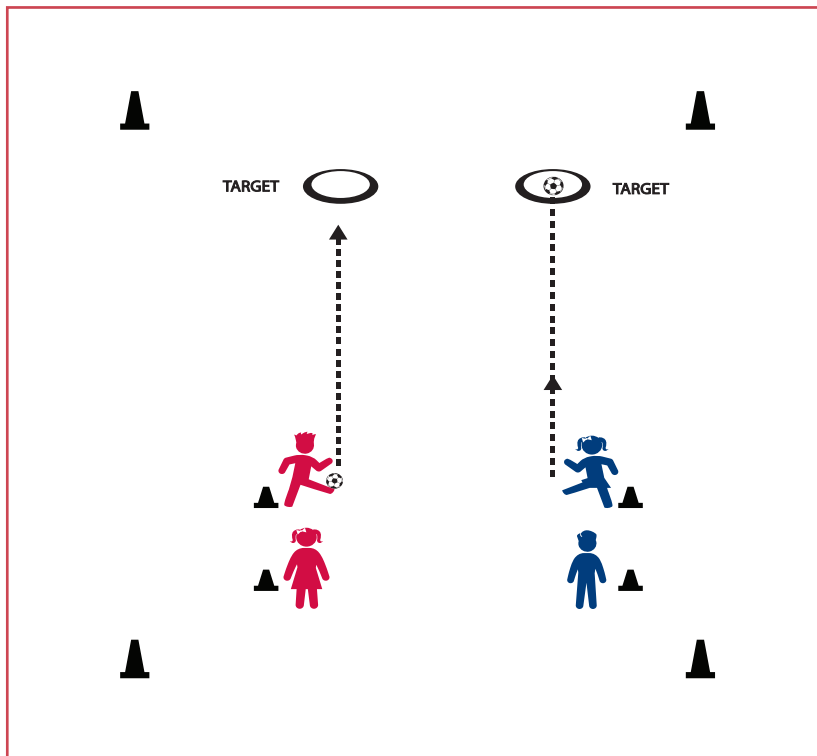
- ✓ 2 players (Partner A & Partner B) facing each other 5-7 feet apart.



# SOCCER BASKETBALL

## EQUIPMENT

- ✓ 1 soccer ball per 2 players
- ✓ 1 hula hoop per 2 players
- ✓ 2 low profile cones per 2 players



## SET-UP

- ✓ Place the hula hoop on the ground.
- ✓ Set one low profile cone 10 to 15 feet away from the hoop and the other 15 to 20 feet away.

## HOW TO PLAY

1. Partners take turns punting or kicking the ball from either spot.
2. Score points by hitting inside the hoop (2 points from the closer spot and 3 points from the farther spot).





# APRIL

## DEAM Calendar Drop Everything And Move

**SPRING**  
into action

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

**Purpose:**

*This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).*

**Directions:**

*After a student completes a day's activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).*

✓ Done	Day	DEAM Activity
	1	Spring into Action: Find someone to do 20 jumping jacks with you.
	2	Say your math facts while doing reverse lunges.
	3	Take a walk.
	4	Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.
	5	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	6	Help a neighbor or friend with some spring cleaning!
	7	Do as many trunk-lifts as you can.
	8	Spring into Action: Find 2 people. Do 30 jumping jacks together.
	9	Do push-up shoulder taps while reciting your spelling words.
	10	Take a walk.
	11	Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.
	12	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	13	Using an old container, gather soil, and plant flowers seeds.
	14	Do as many squats as you can.
	15	Spring into Action: Find 3 people. Do 40 jumping jacks together.
	16	Perform squat-jumps while naming the continents.
	17	Take a walk.
	18	Did you know donuts have ~280 calories? Jog in place for a 280 count.
	19	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	20	Get 60 minutes of MVPA. You choose how!
	21	Do as many push-ups as you can.
	22	Spring into Action: Find 4 people. Do 50 jumping jacks together.
	23	Read a book while doing a wall sit.
	24	Take a walk.
	25	Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!
	26	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	27	Invent a game and try it out!
	28	Do as many curl-ups as you can.
	29	Spring into Action: Find 5 people! Do 60 jumping jacks together.
	30	Spring into Action: Find someone to do 20 jumping jacks with you.

**Please Remember**

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.

