

SOCCER NATION

Checklist for Learning

Students and families:

During the next 4 weeks, we will be learning and practicing basic skills. It's okay if you don't have a soccer ball at home. The team at OPENPhysEd.org has a [great video](#) showing us how to make a Hoodie-Ball using a hooded sweatshirt.

Keep this page in a safe place. It's a checklist of everything that you will need to complete during this 4-week *Soccer Nation* experience! But, if there's ever a time when you need a copy of our learning materials, you can visit: [OPENPhysEd.org](https://openphysed.org) to download activity pages, assignments, and watch video demonstrations of the learning activities that we'll be using in physical education class.

Grades 3-5 Physical Education Checklist for Soccer Nation

CHECK	WEEK 1 of 4
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
WEEK 2 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
WEEK 3 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
	Play the Soccer Skill Fortune Teller with a friend or family member.
WEEK 4 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
	Play the Soccer Skill Fortune Teller with a friend or family member.

[Watch the Hoodie-Ball Tutorial on YouTube.](#)