**Students and families:**

During the next 4 weeks, we will be refining basic soccer skills. It’s okay if you don’t have a soccer ball at home. The team at OPENPhysEd.org has a [great video](https://youtu.be/skvajiwD4b4) 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](http://www.openphysed.org/penow) to download activity pages, assignments, and watch video demonstrations of the learning activities that we’ll be using in physical education class.

**Secondary Students Physical Education Checklist for Soccer Nation**

|  |  |
| --- | --- |
| **CHECK**  | **WEEK 1 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete the SEL Concept Square for Self-Care via this [Google Slide](https://docs.google.com/presentation/d/15GwewgKVD0E4bQwKEbICsMxFalcYjnLTLD1rq-W9k64/copy). |
|  | 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 the SEL Concept Square for Mindfulness via this [Google Slide](https://docs.google.com/presentation/d/15GwewgKVD0E4bQwKEbICsMxFalcYjnLTLD1rq-W9k64/copy). |
|  | 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 the SEL Concept Square for Grit via this [Google Slide](https://docs.google.com/presentation/d/15GwewgKVD0E4bQwKEbICsMxFalcYjnLTLD1rq-W9k64/copy). |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week. |
|  | **WEEK 4 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete the SEL Concept Square for Gratitude via this [Google Slide](https://docs.google.com/presentation/d/15GwewgKVD0E4bQwKEbICsMxFalcYjnLTLD1rq-W9k64/copy). |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week. |

[Watch the Hoodie-Ball Tutorial on YouTube.](https://youtu.be/skvajiwD4b4)