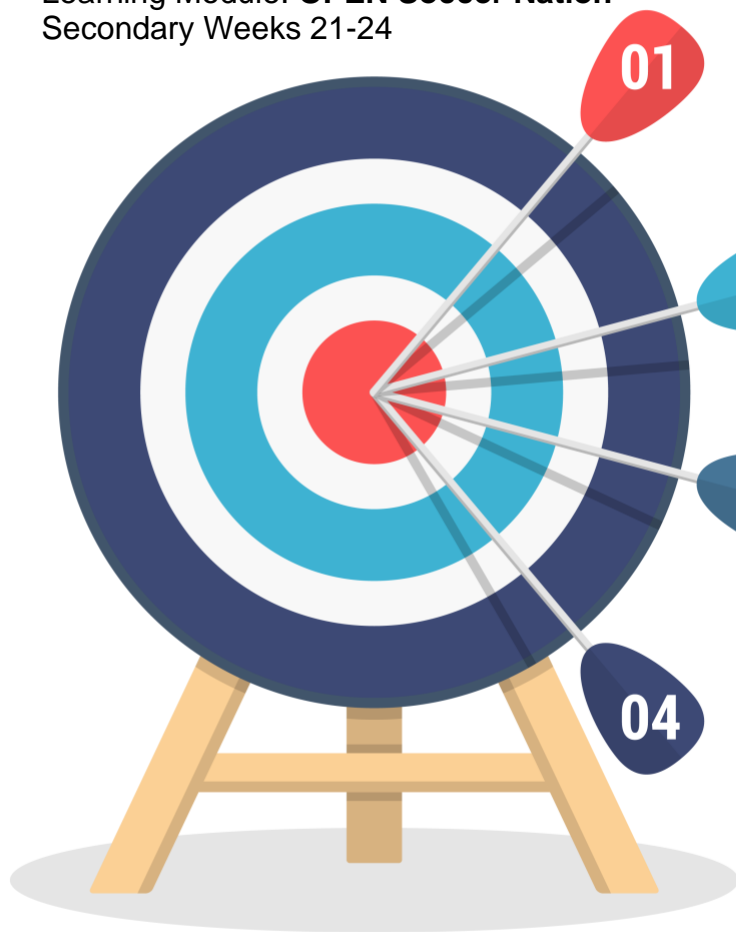




Learning Module: **OPEN Soccer Nation**  
Secondary Weeks 21-24



### Healthy Body

I will participate in health-enhancing physical activity for at least 60-minutes each day.

### Healthy Mind

I will reflect on the SEL concepts of self-care, mindfulness, grit, and gratitude.

### Enjoyment & Challenge

I will participate in a variety of physical activities with family and friends.

### Building Skills

I will participate in soccer skill-building and practice activities to improve dribbling and passing skills.

## Why are we learning this?

**Soccer is one of the most popular sports in the world.** This module is designed to help students refine the basic skills of passing and dribbling. It is also an opportunity to explore important social and emotional learning concepts.

In this module you will:

- Learn and practice ball control activities and drills with a focus on improving your dribbling and passing skills.
- Reflect on the concepts of self-care, mindfulness, grit, and gratitude.