

# SOCCER NATION

## Checklist for Learning

### 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](#) 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.

### 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 <a href="#">Google Slide</a> .
	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 <a href="#">Google Slide</a> .
	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 <a href="#">Google Slide</a> .
	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 <a href="#">Google Slide</a> .
	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.](#)

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