



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

#### Grade Level 5

**Unit**      Soccer

**SOLs:**

- 5.1 A Demonstrate mature form in locomotor, non-locomotor, and manipulative skill combinations in more complex and dynamic environments and modified sports activities, to include overhand and underhand throw and catch, execution to a target, hand dribble, foot dribble, consecutive striking with a partner over a net or against a wall, and striking a ball while stationary and moving.
- 5.1 B Create and perform an educational gymnastic sequence including travel, roll, balance, and weight transfer, with smooth transitions and changes of direction, shape, speed, and flow.
- 5.1 C Create and perform individual or group rhythm/dance sequences including American and international dances and a jump-rope routine (self-turn or long rope).
- 5.1 D Demonstrate use of space in a variety of activities.
- 5.1 E Demonstrate accuracy in a variety of activities.
- 5.1 F Demonstrate use of force in a variety of activities.
- 5.1 G Apply concepts of direction and force to strike an object with purpose and accuracy.

**Title:**      **Striking with Foot**

**Objectives/ Goals:**

- The student will perform at least 10 strikes with an implement using the two cues
- The student will identify cues passing ball: step to the target, inside foot to center of ball, firm kick, follow through
- identify ways to exhibit personal responsibility while practicing striking with foot activities
- increase heart rate to the "GO ZONE" (130-180 bpm)

**Materials:**

- iPod with Bluetooth speaker
- Cones
- soccer balls
- 6” and 8.5” gator balls
- inflated balloons
- task completed board
- timer
- poly spots

**Procedure:**

Learning Activities/Task	Organization	Skill / Behavior Cues
<p>Warm-up: Students will enter gym and jog on blue or green line for duration of song- typically 3 minutes or so. Blue line is for continuous jog, good spacing, green line is if students aren't on task or choose to walk and rest on interior red line. Those that have walked may come back on green line only. Goal is for all students to jog for the continuous time period- 3minutes.</p>	<p>Students jog clockwise on chosen appropriate color.</p> <p>X X X X X X                   x x                   x xxxxxxxxxxxxxxxx</p>	<p>Cues: Strong and steady, Breathe in nose and out mouth. At conclusion find pulse at carotid artery. T call out time for 6 seconds. STS will take # and multiply. Are you in the Go Zone- 130-180bpm?</p>
<p>OPEN Activity Soccer Tag</p> <p>It's time for Soccer Tag. On the start signal, work to dribble throughout the activity area without getting tagged by a player with a rubber chicken. Taggers, be sure to tag with your fingers.</p> <p>If you're tagged, hold the soccer ball above your head and make a goal with your feet. You're free when someone passes a ball thru your legs.</p>		<p><b>Cues: Passing</b></p> <p>Step Up to the Target Inside Foot to Center of Ball Firm Kick Follow Through <b>Taggers</b> Tag with Fingers Shoulders Only</p>



<p>Defensive strategy?  <b>DOK 1:</b> What are the components of health-related fitness? Skill-related fitness?  <b>DOK 2:</b> How does regular physical activity affect health-related fitness? Skill-related fitness?  <b>DOK 3:</b> How is health-related fitness related to performance in activities similar to soccer?</p>		
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**Assessments, References & Sources:**

- National Standards for K-12 Physical Education Copyright 2013, SHAPE America – Society of Health and Physical Educators, 1900 Association Drive, Reston, VA 20191, www.shapeamerica.org. All rights reserved.
- <https://openphysed.org/>
- [http://www.doe.virginia.gov/testing/sol/standards\\_docs/physical\\_education/2015/stds-2015-physed-grade-5.docx](http://www.doe.virginia.gov/testing/sol/standards_docs/physical_education/2015/stds-2015-physed-grade-5.docx)
- <https://healthsmartva.org/uploads/rtditor/file/I-01-A-SoccerSkills-FullModule-VA-Version.pdf>
- OPEN PhysEd