

Atlantic Community School

Authentic Intellectual Work

Publish or Not Publish:

Date Scored:

Date Revised:9/30/10

Teacher – Steve Blazek

Subject – Physical Education

Grade – 6th.

Lesson – Introduction to Soccer

IC Essential Skills and Concepts/Common Core – Health Literacy 6-8 #58 Achieve and maintain fitness. #60 Engage in activities to improve cardio. Fitness.

List any use of technology integration -

Introduction/Background – Review and discuss proper techniques in passing, dribbling, trapping a soccer ball. First day of soccer unit.

Task – (Can attach) divide into groups Watch video of soccer skills.

- 1.Dribble 40 yards (both feet), correctly trap and dribble back to line.**
- 2. Pass and trap in two lines in your group. (contests: who can do it the quickest)
speed and accuracy**
- 3. Pass and trap on the move between teammates.**
- 4. Dribble around cones 5 yards apart. (speed/control)**
- 5. Play 1 on 1 trying to score. Defense attempts to steal and clear. Kick with control.**
- 6. Random dribbling and trapping for 30 seconds.**