

Atlantic High School

Authentic Intellectual Work

Publish or Not Publish:

Date Scored:

Date Revised:

Teacher - ~~STEVE~~ Blazek

Subject - Physical Education

Grade - 6th

Lesson - Introduction to Soccer unit

IC Essential Skills and Concepts/Common Core - #58 HEALTH Literacy 6-8
ACHIEVE & MAINTAIN FITNESS
#60 ENGAGE IN ACTIVITIES to
IMPROVE cardio. FITNESS

List any use of technology integration -

Introduction/Background - Review & discuss proper techniques in passing, dribbling, trapping a soccer ball.

First day of soccer unit.

Task - (Can attach)

Divide into groups

1. Dribble 40 yds. (both feet), correctly trap & dribble back to line
2. Pass & trap in two lines in your group.
(contests: who can do it the quickest)
SPEED & ACCURACY
3. Pass & trap on the move between teammates.
4. Dribble around cones 5 yds. apart. (speed/control).
5. Play 1 on 1 trying to score. DEFENSE attempt to steal & clear. Kick with control, not hard.