



Physical Activity Lesson Plan-Soccer Showdown

By IAN on 01/07/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

Students will be put on 2 teams and will compete against each other to try and score goals.

Group Size: 20-30

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

2 Soccer Goals (the small gym kind will work just fine) You could also use 2 cones for each goal if you don't have goals.

2-4 Soccer Balls (Can also use "soft" soccer balls, indoor soccer balls, or even dodgeballs; especially for K-2)

Lesson Objective #1:

To use equipment to illustrate movement concepts.

Lesson Objective #2:

To have fun while competing and being physically active.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Explain to the teams that they are about to compete in a Soccer Showdown!

Ask how many have played soccer. No matter the answer, remind them how to dribble and shoot a goal.

Dribble: use both feet to alternate and tap the ball to propel it forward, keeping it close

Shot: kicking the ball directly toward the goal

In both of these skills, use the inside or outside of your foot to make contact with the ball.

Instructions:

1. Set up a goal on each side of the gym or field. (depending on the age, make them closer or further apart)
2. Sit student in 2 lines, shoulder to shoulder, on the sidelines, lines facing each other. Give each student a number.
3. Each side should have the same numbers (ex. 1-7 and 1-7)
4. Place 2 soccer balls in the middle of the gym floor, one on each half of the half-court line. Designate which ball each side will always get, that way students don't run in to each other or both try to go the same way.
5. Call out a number (Ex. 2's). The 2 students with that number will run out, dribble the ball toward the goal (whichever goal their team was assigned), and then try to score from the line.
6. The first team to score wins a point for their team.

Round 1: Call out all of the numbers once or twice.

Round 2: Call out 2 numbers. The 2 from each team have to work together, making at least one pass before they can score.

Round 3: Call out 2 numbers. This round they need to pass it twice before they can score.

Round 4: Place 2 balls on each side of the court. Call 2 numbers. Set up cones about halfway between the half-court line and the goal, on each side. Both players have to dribble their ball around one of the cones, make a full circle around it, and then shoot the ball into the goal. First team to score both balls, wins that round.

Checking for Understanding:

Observe game play to make sure students are safe and following rules.

Lesson Adaptations

Time Adaptations:

Play more or less rounds depending on the time allotment.

Location Adaptations:

This can be played inside or outside, however having something behind the goals is beneficial.

Age Adaptations:

All ages K-5 can do this. K-1 may need a little more guidance and will not usually get through as many rounds.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: