

Adaptive PE

Date: October 23

Lesson Focus: Soccer

Lesson Length: 40 minutes

Standards:

K-3rd: 10.4.3.F, 10.5.3.A, 10.5.3.C

4th-5th: 10.4.6.F, 10.5.6.A, 10.5.6.C

Objectives:

1-P: The learner will be able to dribble the soccer ball, while staying in control of the ball, from 1 end of the gym to the other.

2-P: The learner will be able to shoot the soccer ball in the goal 1 out of every 3 kicks.

Evaluation of Objectives:

1-P: The teacher will observe the students dribbling the soccer ball. If the teacher sees a student struggling, the teacher will work with that student in order for them to be able to dribble the soccer ball correctly.

2-P: The teacher will observe the students shooting the soccer ball. If the teacher sees a student struggling shooting the soccer ball, the teacher will work with that student in order for them to be successful at shooting a soccer ball.

Stretching/ Fitness (7 minutes):

Equipment: Spots

-The teacher will have students go to a spot in the gym and the teacher will lead the class in the following stretches. The teacher will help students that are struggling

- Arm Circles
- Triceps Stretch
- Deltoid Stretch
- Neck Roll
- Butterfly Stretch
- Toe Touches
- Push-ups
- Jumping-up Jacks
- Sit-Ups (Go to the mats)

-The teacher will then have the students go to the baseline to do locomotor movements. Students will go from baseline to baseline. These include:

- Running (2 times)
- Skipping
- Sliding
- Leaping (Half Court and Back)

- After the stretches, have students place the spots on one of the chairs, next to the PE office.
- Students will then sit in the red circle to explain the first game.

Activity #1 (10 minutes): **Dribbling a Soccer Ball**

Equipment: Soccer Balls and Cones

Cues for dribble a soccer ball:

- Push the ball forward gently with the inside or the outside of the foot. Alternate feet.
- As you travel, keep the ball closer than your fingertips when our arm is extended.
- Use peripheral vision to look at the ball as you look where you are traveling.
- As you travel, match your speed to your skill. Allow students to self-monitor speed based on their ability to keep the ball close

Activities with dribble the soccer ball:

- Walk and Dribble the Soccer Ball from 1 side of the gym to the other
- Run and Dribble the Soccer Ball from 1 side of the gym to the other
- Move anywhere in the gym and dribble the soccer ball
- Place 2 lines of cones up and have students dribble and weave through the cones.

While students are playing:

- The teacher will observe to make sure students are doing each activity correctly and safely.
- The teacher will provide feedback to all students
- The teacher will help students that are struggling.

-After the dribble activities are over, the teacher will have students find a poly spot and have a seat.

Activity #2 (10 minutes): **Passing a Soccer Ball**

Equipment: Poly Spots and Soccer Balls

Cues for Passing:

- Non-kicking foot next to the ball
- Contact ball in the middle
- Use the inside of the foot
- Follow through so your kicking foot goes to your target
- Use a firm kick so it gets to your target

Activity Rules:

- Students will have a partner
- Students will pass the ball to their partner
- When the ball gets to them, they must stop the ball then pass it back to their partner.

While students are playing:

- The teacher will observe to make sure students are doing each activity correctly and safely.
- The teacher will provide feedback to all students
- The teacher will help students that are struggling.

-After students are doing well with passing the soccer ball, the students will move behind the 2 cones and move onto the shooting activities for the rest of class.

Activity #3 (10 minutes): **Shooting a Soccer Ball**

Equipment: Cones, Soccer Balls, and Goals

Cues for Shooting a Soccer Ball:

- Non-kicking foot next to the ball
- Contact ball below the middle of the ball
- Contact ball with shoelaces (i.e., instep of foot)
- Follow through
- Kick hard!

Activity Rules:

- 2 groups
- Each group will have 2 cones, 1 ball, and 1 goal
- The first student in the lane will have the soccer ball. Then will then dribble to the shooting cone
- Once students shoot the soccer ball, they will get the ball and dribble back to the waiting cone
- Then the next student will go, and you will go to the end of the line

While students are playing:

- The teacher will observe to make sure students are doing each activity correctly and safely.
- The teacher will provide feedback to all students
- The teacher will help students that are struggling.

-At the end of the time, the students will clean up the equipment and line up for the end for the end of class.

Clean-up/ Line-Up (3 minutes):

-Students will help the teacher bring in all equipment used for the class and place it near the PE office window.

-Students will grab their water bottles/ coats/ mask/ etc. off the bleachers.

-Students will then line up on the black baseline near the door and wait for the teacher to arrive.

-If there is time, the teacher will ask the class what are things they did well during the class and what are somethings we can improve on for next class.