

# Unit 01: Soccer

<b>Unit #:</b>	APSDO-00026611	<b>Duration:</b>	5.0 Lesson(s)	<b>Date(s)</b>	
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**Grade(s)**  
5, 6, 7, 8

**Subject(s)**  
Wellness

## Unit Focus

In this unit, students will continue to experience soccer through a deliberate focus on passing and positioning on the field of play. Students will demonstrate improved performance by participating in eye/foot drills and small and large group games.

## Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p><b>Connecticut Goals and Standards</b> <i>Physical Education: 8</i></p> <ul style="list-style-type: none"> <li>Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same <i>H.13.1</i></li> <li>Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills <i>H.9.2</i></li> <li>Demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations <i>H.10.3</i></li> <li>Develop and demonstrate initiative in</li> </ul>	<p><b>T1</b> (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p><b>T2</b> (T4) Identify a goal, determine an appropriate plan, evaluate its effectiveness and make appropriate adjustments.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p><b>U1</b> (U101) Knowing where your body is located in space keeps you moving where you want to go.</p> <p><b>U2</b> (U104) Changing directions and speed requires understanding of balance and how it relates to movement.</p> <p><b>U3</b> (U106) Effective execution of kicks is determined by the amount of power and</p>	<p><b>Q1</b> (Q101) How do I use my body to move around the ____ (field, gym, dance floor)? How do I stay aware of where everyone else is?</p> <p><b>Q2</b> (Q104) How do I stay in control when I stop, start and change direction?</p> <p><b>Q3</b> (Q106) How do I kick the ball to get it where I want it to go?</p>

<p>implementing strategies for including all persons, despite individual differences, in physical activity settings <i>H.13.3</i></p> <ul style="list-style-type: none"> <li>• Engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level <i>H.11.4</i></li> <li>• Maintain and further develop the fundamental movement skills in open environments <i>H.9.1</i></li> <li>• Regularly engage in moderate to vigorous physical activities of their choice on a regular basis <i>H.11.1</i></li> <li>• Use complex movements and patterns within a variety of dynamic environments <i>H.9.3</i></li> <li>• Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships <i>H.14.3</i></li> <li>• Use self, peer, teacher and technological resources as tools to implement performance improvements in self and others <i>H.10.2</i></li> </ul>	<p>technique necessary to get the ball to its destination.</p>		
	<b>Acquisition of Knowledge and Skill</b>		
	<b>Knowledge</b>	<b>Skill(s)</b>	
		<p><b>S1</b> Gr 5-6: Demonstrate safe and appropriate modified game play</p> <p><b>S2</b> Gr 5-8: Execute proper positioning and various offensive and defensive alignments</p> <p><b>S3</b> Gr 5-8: Execute passing skills versus defenders</p> <p><b>S4</b> Gr 5-8: Execute appropriate defending skills</p> <p><b>S5</b> Gr 5-8: Execute shooting skills versus a variety of targets</p>	