

MSAD #54 Curriculum

Content Area: PE
Unit: Soccer

Grade: 3-6

MLR Content Standard:

G. Movement/Motor Skills and Knowledge: Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

H. Physical Fitness Activities and Knowledge: Students demonstrate and apply fitness concepts.

I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

G1 Stability and Force

G2 Movement Skills

G3 Skill-related Fitness Components

G4 Skill Improvement

H3 Fitness Activity

H4 Physical Activity Benefits

I1 Cooperative Skills

I2 Responsible Behavior

I3 Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>Students</p> <p>G1</p> <p>b. Show how increasing speed and mass can change the force on an object.</p> <p>c. Demonstrate how body position can be changed to absorb force and decrease risk for injury</p> <p>G2</p> <p>a. Demonstrate correct technique for a variety of <i>manipulative skills</i>.</p> <p>b. Demonstrate <i>locomotor skills</i> and <i>manipulative skills</i> in combination using changes in direction, level, or pathway.</p> <p>G3 Students identify the skill-related fitness components of balance, coordination, agility, and speed.</p> <p>G4 Skill Improvement</p> <p>H3 Fitness Activity Students participate in physical activities that address each of the five <i>health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition</i>.</p> <p>H4 Physical Activity Benefits</p> <p>I1 Cooperative Skills</p> <p>Students demonstrate cooperative skills while participating in physical activities.</p> <p>a. Demonstrate active listening.</p>	<p>Students will:</p> <p>Students will learn basic soccer skills through instructional drills and experiences.</p> <p>Students will use previous experiences to enhance their soccer skills.</p>	<p>Lesson 1</p> <p>Activity:</p> <p>Passing</p> <ul style="list-style-type: none"> -inside of foot -lace kick in the air <p>Trapping</p> <ul style="list-style-type: none"> -trap with foot -trap with thigh -trap with chest <p>Dribbling</p> <ul style="list-style-type: none"> -Inside of foot -outside of foot <p>Lesson 2</p> <p>Shooting</p> <ul style="list-style-type: none"> -instep shot <p>Goalie skills</p> <ul style="list-style-type: none"> -Catching -Blocking -Punting <p>Activity: Review of skills through game play.</p> <p>Assessment: Formative</p>

- b. Get along with others.
- c. Accept responsibility for personal behavior.

I2 Responsible Behavior

Students demonstrate safe behaviors and appropriate equipment use while participating in physical activities.

I3 Safety Rules and Rules of Play

Students describe safety rules and rules of play for games/physical activities.