

**Physical Education
Unit 1: Soccer**

Essential Understandings	<ul style="list-style-type: none"> ▪ Students will learn the benefits of physical activity, cooperation, and team work.
Essential Questions	<ul style="list-style-type: none"> ▪ What is the difference between a goal kick and a corner kick? ▪ What is off sides? ▪ What is a throw-in?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Basic Rules <ul style="list-style-type: none"> ○ Eleven players on a team. 1 goalie. ○ Players can go anywhere on the field. ○ Must use feet to advance the ball by kicking it. ○ Goalie can use his/her hands. ○ Two hand overhead throw-in when ball is out of bounds on the side. ○ Goal kick when offensive player kicks ball over goal line. Corner kick when defensive player kicks ball over end line. ▪ Scoring <ul style="list-style-type: none"> ○ Goal= 1 point ▪ Safety <ul style="list-style-type: none"> ○ No “tackling”. ○ May use your hands to protect your face. ○ No pushing other players
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ goal, goal kick, corner kick, dribbling, throw-in
Essential Skills	<ul style="list-style-type: none"> ▪ Demonstrate appropriate dribbling and passing technique. ▪ Demonstrate good sportsmanship and ability to work with a team. ▪ Demonstrate offensive play, defensive play, proper throw-in.
Related Maine Learning Results	<p><u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge G1.Stability and Force Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities. b. Use the principle of opposition, point of contact, and point of release to change the path of an object during a game/physical activity. G2.Movement and Skills Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity.</p>

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<p align="center">Related Maine Learning Results</p>	<p>G3.Skill-Related Fitness Components Students explain the relationship of skill-related fitness components to specialized movement skills.</p> <p>I. Personal and Social Skills and Knowledge</p> <p>I2.Responsible Behavior Students demonstrate responsible and ethical personal behavior while participating in physical activities.</p> <p>I3.Safety Rules and Rules of Play Students predict how etiquette/rules improve games/activities.</p> <p>a. Explain how etiquette/rules contribute to productive participation.</p>
<p align="center">Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Group students according to class size and practice dribbling the soccer ball with their feet.
<p align="center">Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Classroom observation- students participating in a soccer game to the best of their ability.
<p align="center">Sample Resources</p>	<ul style="list-style-type: none"> ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>Quality Lesson Plans for Secondary Education</u> - Zakrajsek, Cares and Pettigrew

approved fall 2013