

**Physical Education  
Unit 15: Soccer**

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| <b>Essential Understandings</b>       | <ul style="list-style-type: none"> <li>There are benefits to physical activity, cooperation, and team work in soccer.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Essential Questions</b>            | <ul style="list-style-type: none"> <li>What is a soccer goal kick?</li> <li>What is a soccer corner kick?</li> <li>What is heading the ball?</li> <li>What is juggling?</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Essential Knowledge</b>            | <ul style="list-style-type: none"> <li><b>Basic Rules</b> <ul style="list-style-type: none"> <li>Eleven players on a team. 1 goalie.</li> <li>Players can go anywhere on the field.</li> <li>Must use feet to advance the ball by kicking it.</li> <li>Goalie can use his/her hands.</li> <li>Two hand overhead throw-in when ball is out of bounds on the side.</li> <li>Goal kick when offensive player kicks ball over goal line.</li> <li>Corner kick when defensive player kicks ball over end line.</li> </ul> </li> <li><b>Scoring</b> <ul style="list-style-type: none"> <li>Goal = 1 point</li> </ul> </li> <li><b>Safety</b> <ul style="list-style-type: none"> <li>No "tackling".</li> <li>May use your hands to protect your face.</li> <li>No pushing other players</li> </ul> </li> </ul> |
| <b>Vocabulary</b>                     | <ul style="list-style-type: none"> <li><u>Terms:</u> <ul style="list-style-type: none"> <li>Heading, juggling, goal, throw-in, goal kick, corner kick.</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Essential Skills</b>               | <ul style="list-style-type: none"> <li>Demonstrate appropriate heading, juggling, corner kicking, and goal kicking techniques.</li> <li>Demonstrate good sportsmanship and ability to work with a team.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Related Maine Learning Results</b> | <p><u>Health and Physical Education</u></p> <p>G. Movement/Motor Skills and Knowledge</p> <p>G1. Stability and Force</p> <p>Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.</p> <ol style="list-style-type: none"> <li>Demonstrate the principle of opposition.</li> <li>Demonstrate how the point of contact changes the path of an object.</li> <li>Demonstrate how the point of release changes the path of an object.</li> </ol> <p>G2. Movement and Skills</p> <p>Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.</p> <ol style="list-style-type: none"> <li>Demonstrate correct technique for motor skills and</li> </ol>                          |

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|                                            | <p>manipulative skills during drills or modified games/physical activities.</p> <p>b. Combine manipulative skills with motor skills during drills or modified games/physical activities.</p> <p>G3. Skill-Related Fitness Components<br/>Students describe the following skill-related components: balance, coordination, agility, speed, and power.</p> <p>G4. Skill Improvement<br/>Students explain how specific, positive, and correct feedback affect skill improvement.</p> <p>I. Personal and Social Skills and Knowledge</p> <p>11. Cooperative Skills<br/>Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <p>a. Work together as a team.</p> <p>b. Respond appropriately to peer pressure.</p> <p>c. Manage conflict.</p> <p>d. Engage peers respectfully in activities.</p> <p>12. Students demonstrate responsible personal behaviors while participating in physical activities.</p> <p>13. Safety Rules and Rules of Play<br/>Students describe game/physical activity rules and safety rules and their purpose.</p> <p>a. Explain the purpose for modifying playing rules in specified situations.</p> <p>b. Explain the safety rules and possible risks associated with specific games/physical activities.</p> |
| <b>Sample Lessons And Activities</b>       | <ul style="list-style-type: none"> <li>▪ Partner drills requiring students to use head passes and juggle moves to partner who heads or juggles back to partner.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Sample Classroom Assessment Methods</b> | <ul style="list-style-type: none"> <li>▪ Classroom/field observation</li> <li>▪ Skills checklist</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Sample Resources</b>                    | <ul style="list-style-type: none"> <li>▪ <u>Publications:</u> <ul style="list-style-type: none"> <li>○ <u>Complete Physical Education Plans For Grades 7-12 – Kleinman</u></li> <li>○ <u>Physical Education for Children – Lee, Thomas, Thomas</u></li> <li>○ <u>Student-Centered Physical Education – Smith, Cesaro</u></li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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