



# Unified PE

Introduction to Soccer

# Agenda

## What are we doing today?

- Learning Goal
- History of Soccer
- Warm-Up: Darebee 2-Minute Cardio
- Activity: World Cup Trivia Challenge
- Cool Down: Darebee Fighter's Stretching

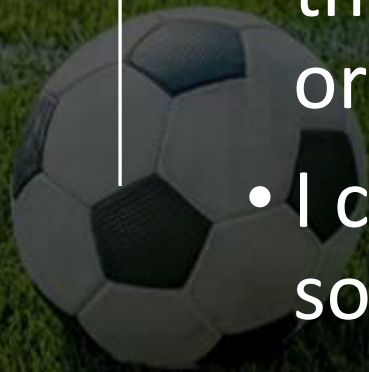
## What's Due?

- Submit Basketball & Bocce Exit Tickets if you have not already



# Learning Goals

- I can work hard at home and in school to improve my physical fitness
- I can name the country where the term football/soccer originated
- I can describe the history of soccer





# History of Soccer

- Football v. Soccer – both are correct, just depends on where you live!
  - History can be traced to China
  - October 26, 1863 – Football Association formed in London, England
    - Created rulebook
- One of the most popular sports in the world
- [The Origins of "Soccer"](#)



# Activity for Home: Soccer Basketball



- [Soccer Basketball Challenge](#)
- **Equipment Needed:** 1 basket, Tape, Large Sockball, Point Signs
- **Directions:**
  - Create 2 kicking lines that are worth different point values
    - 1<sup>st</sup> line: 5 or 10-foot line = 2 points
    - 2<sup>nd</sup> line: 10 or 15-foot line = 3 points
  - Kick the sockball into the basket from different distances to score points
  - How many points can you score in 1 minute?

# 2-minute cardio

DAREBEE WORKOUT © darebee.com

20 seconds each exercise | no rest between exercises



1. high knees



2. butt kicks



3. jumping lunges



4. jumping jacks



5. climbers



6. basic burpees

## Warm-Up: Darebee 2-minute Cardio

- Complete the following exercises 1x for 20 seconds each
  - High Knees
  - Butt Kicks
  - Alternating Lunges\*\*
  - Jumping Jacks
  - Climbers
  - Basic Burpees



# Activity: World Cup Trivia Challenge

- [World Cup Trivia Challenge Workout](#)
- Directions:
  - You will have 10 seconds to answer the question
  - Do the exercise that matches your answer for 30 seconds
  - You gain 1 GOAL for every correct answer
  - How many goals will you score?!



# Cool Down: Darebee Fighter's Stretching

Hold each stretch for  
20 seconds

