

Learning Objectives

- Students will be able to vary their kick for distance and accuracy when needed.
- Students will be able to demonstrate good sportsmanship during game play.
- Students will be able to cooperate and take turns with their partner.

Learning Targets

- I can kick for distance when I'm far from my target.
- I can kick for accuracy when I'm close to my target.
- I can show good sportsmanship during our activity.

Teaching Cues

- Roll your hoop safely away from others to set up your "hole".
- Use proper kicking form to try and hit your target.
- Use strong or light force to kick the ball depending on distance from the target.

PREP

- 4 cones (for boundaries)
- 1 7" dia foam ball per 2 students
- 1 hoop per 2 students
- 1 whistle
- Additional hoops and other golf course "obstacles," i.e., trash cans, equipment carts, cones (optional)

SET

- Create an extra large (50 x 50 paces) activity area.
- Pair students; have 1 student from the pair select 1 ball and 1 hoop.

TEACH

1. Lesson Objective

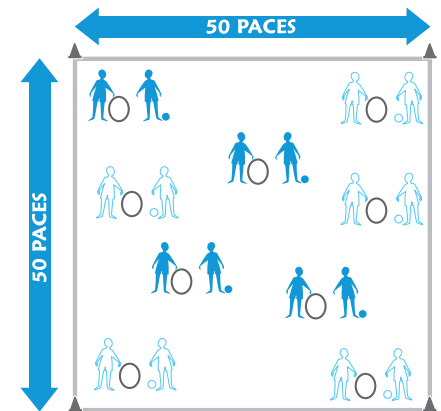
- The object of **Soccer Golf** is to kick your ball so it touches or lands inside a hoop.

2. Instructions

- On the start signal, safely roll your hoop in open space away from your pair. Look before you roll to make sure no one is anywhere near where you're aiming. Wherever the hoop stops is your first "golf hole."
- You and your partner take turns kicking the ball until it touches your hoop. Quickly move to get your ball after kicking it. When the ball touches your hoop, you have finished your first "hole."
- When both students have completed the "hole", roll the hoop again, and you're on to "hole #2."
- We'll play as many holes as we can before we run out of time.

3. Challenges

- Can you or your partner kick the ball so it stops rolling inside the hoop?
- Can you score a "hole in 1?" That's when you kick the ball inside a hoop on just one kick.



REFLECTION QUESTIONS

- What type of kick did you use to get the ball to go far? Close to the hoop?
- Why did you use different types of kicks for different distances?
- What does good sportsmanship look/sound like? How does sportsmanship affect how much fun you have?



Soccer Golf

Standards Alignment

Standard 1: Outcome 21

Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 critical elements of a mature kicking pattern.

Standard 2: Outcome 3

Differentiates between strong and light force.

Standard 4: Outcome 4

Works independently with others in partner environments.

SEL Competencies

Self-Awareness

Peer interaction

Relationship Skills

Taking turns

Responsible Decision-Making

Analyzing situations

Vocabulary

- aim
- juggling
- teeing off

Teaching Suggestions

- This is a good game to play individually, in pairs, or groups of 3. If playing in pairs or groups, reinforce good social skills of courtesy, honesty, taking turns, etc.
- Play upbeat music while students are golfing!
- Supervise the perimeter of the activity area, not through the middle. Safety first!
- If you "design" a course, share it with other teachers to decrease setup time. The last one to use it puts the equipment away!
- Hang some hoops vertically for a fun twist on course design. Prompt students to kick under the ball for lift.

SPARK It Up!

1. Double Trouble

- *(Distribute a ball to any students who don't have one.)*
- We'll play again; this time, each of you will have your own ball. You may both kick your ball at the same time.

2. Hoop Course

- *(Instead of having students roll hoops each time to create holes, pre-plan a complete Hoop Golf Course.*
- *Be creative by placing "obstacles," i.e., trash cans, in the way; create "sand traps" by clustering cones; make some holes far longer than others, etc.)*
- Instead of rolling your hoop to create a golf hole, I've already designed a championship 18-hole course for everyone to play!
- We'll form threesomes; then I'll assign each group a hole to start at. Everyone will move in this direction (*point*).
- If others are at the next hole before you, allow them to safely move out of the way before "teeing off" (*kicking the ball*).
- *(Play as long as time allows.)*

Integrations

How many of you eat cereal in the morning? Did you know that many cereals are made from grains? There are a lot of different kinds of grains, but they all have one thing in common: they come from plants. Has anyone ever heard of oats? That's a very popular grain. Oats are especially good at keeping your heart healthy. The next time you are grocery shopping, ask a parent to select a cereal for you that is made from oats. That will be a healthy choice!

Teacher Reflection

