


















AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

APRIL 27 – MAY 1 ACTIVE HOME PHYSICAL EDUCATION: Soccer Skills 3-5

Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	APRIL 27	APRIL 28	APRIL 28	APRIL 29	MAY 1
My Learning Goals	I can dribble safely in self-space and pass with family members.	I can kick accuracy to a target with my soccer skills.	I can control the ball using the inside and outside of my foot.	I can pass my ball with control towards the target to score a point.	I can practice using my skills while playing games with family members.
Today's Vocabulary	DRIBBLE Maneuvering a ball under the control of a single player.	ACCURACY The quality of being correct, precise, or on target.	INSIDE OF THE FOOT The longest section of the foot, running down the side from the big toe to the heel.	PASS To move an object from one space to another.	PRACTICE To purposefully perform an activity or skill repeatedly in order to make an improvement.
Warm-Up Activity	Get Up (GoNoodle)	Over Drive (GoNoodle)	I Gotta Feeling (GoNoodle)	Electricity (GoNoodle)	Choose Your Own
Learning Focus Activity	Activity 1: 1 st : Driver's Test Activity Card 2 nd : Partner Passing Activity Card Using a soccer ball or a sock ball practice your skills safely.	Activity 2: Soccer Archery Activity Card Using a ball practice your skills safely. <i>Get creative by substituting different equipment for items you have at home.</i>	Activity 3: Soccer Ski Slalom Activity Card Using a soccer ball or a sock ball practice your skills safely.	Activity 4: Soccer Bocce Activity Card Using a soccer ball or a sock ball practice your skills safely.	Activity 5: Soccer Volleyball Or Soccer Basketball Get creative by substituting different equipment for items you have at home.
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Let's Unwind (GoNoodle)	Mindless to Mindful (GoNoodle)	Let's Unwind (GoNoodle)	Mindless to Mindful (GoNoodle)	Let's Unwind (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?	  	  	  	  	  

For more physical education resources and activity ideas for your family visit [OPENPhysEd.org](https://openphysed.org)