Four Corners Movement

INTRODUCTORY

Outcomes:

I can follow rules during physical education.

Instructions:

Lay out a rectangle with a cone at each corner. As the child passes each corner, he changes to a different locomotor movement based on the movements on the sign.

Teaching Hints:

Challenge students to perform various qualities of movement (i.e., soft, heavy, slow, fast).

Astronaut Exercises

FITNESS DEVELOPMENT

Outcomes:

I can demonstrate three activities that help improve flexibility.
I can identify flexibility activities that are challenging and easy.

Instructions:

Walk, do arm circles - 35 seconds
Crab full-leg extension - 30 seconds
Skip sideways - 35 seconds
Body twist - 30 seconds
Slide; change lead leg - 35 seconds
Jumping Jack variations - 30 seconds
Crab Walk - 35 seconds
Curl-Ups with twist - 30 seconds
Hop to center and back - 35 seconds
Four count push-ups - 30 seconds
Gallop backwards - 35 seconds
Bear hugs - 30 seconds
Grapevine Step (Carioca) - 35 seconds
Trunk Twisters - 30 seconds
Power Jumper - 35 seconds
Cool down with stretching and walking.

Teaching Hints:

Tape alternating segments of silence (30 seconds) and music (35 seconds) to signal the duration of exercise. Music segments indicate aerobic activity while intervals of silence announce flexibility and strength development activities.
See Chapter 13 for a description of how to perform the exercises.
Allow students to adjust the workload to an intensity that is consistent with their ability level.
Use scatter formation; ask students to change directions from time to time in order to keep spacing.

Soccer Skills - Circle Kickball, Diagonal Soccer, Soccer Take-Away

LESSON FOCUS

Outcomes:

I can dribble a ball while moving demonstrating three of four cues.
I can dribble a soccer ball demonstrating good spacing.
I can listen and apply feedback provided by the teacher.

Instructions:

**Skills**
Practice the following skills:
    1. Dribbling
Dribbling is moving the ball with a series of taps or pushes to cover ground and still retain control. It allows a player to change direction quickly and to avoid opponents. The best contact point is the inside of the foot, but the outside of the foot will be used at faster running speeds. The ball should be kept close to the player to maintain control.
    2. Inside-of-the-Foot Pass (Push Pass)
The inside-of-the-foot pass is used for accurate passing over distances of up to 15 yards. Because of the technique used, this pass is sometimes referred to as the push pass. The non-kicking foot is placed well up, alongside the ball. As the kicking foot is drawn back, the toe is turned out. During the kick, the toe remains turned out so that the inside of the foot is perpendicular to the line of flight. The sole is kept parallel to the ground. At contact, the knee of the kicking leg should be well forward, over the ball, and both knees should be slightly bent.
    3. Inside-of-the-Foot Trap
This is the most common method of control, and is used when the ball is either rolling along the ground or bouncing up to knee height. The full surface of the foot, from heel to toe, should be presented perpendicular to the ball.

**Drills**
Use the following partner drills to practice the skills above:
    1. Dribbling, marking, and ball recovery. Pairs are scattered, with one player in each pair having a soccer ball. That player dribbles in various directions, and the second player attempts to stay close to the first (marking). As skill development occurs, the defensive player can attempt to recover the ball from the dribbler. If successful, roles are reversed.
    2. Dribbling, Passing, and Trapping. One player of the pair has a ball and dribbles in different directions. On signal, she passes to her partner, who traps the ball and begins dribbling, continuing until another signal is given.

Teaching Hints:

When teaching students beginning skills, have them place their hands behind their back to avoid the temptation of touching the ball with their hands.
Keep the ball near the body so it can be controlled. (Don't kick it too far in front of the body.) Dribble the ball with a controlled tap.
Place the non-kicking foot alongside the ball. Keep the head down and eyes focused on the ball during contact.
Make contact with the outside or inside of the foot rather than with the toe.
Move in line with the path of the ball and reach with the foot to meet the ball. Give when ball contact is made to absorb force.
Use drills after students have had time to practice the skills individually. Working with a partner increases the motivational level.

Circle Kickball; Diagonal Soccer; Soccer Take-Away

CLOSING ACTIVITY

Outcomes:

I can dribble with my feet in a game situation.
I can kick a rolling ball in a game situation.

Instructions:

**Circle Kickball**
    Players are in circle formation. Using the side of the foot, players kick the balls back and forth inside the circle. The object is to kick a ball out of the circle beneath the shoulder level of the circle players. A point is scored against each of the players where a ball leaves the circle between them. If, however, a lost ball is clearly the fault of a single player, then the point is scored against that player only. Any player who kicks a ball higher than the shoulders of the circle players has a point scored against him. Players with the fewest points scored against them win. A player is not penalized if he leaves the circle to recover a ball and the second ball goes through the vacated spot.

**Diagonal Soccer**
    Two corners are marked off with cones 5 ft from the corners on both the sides, outlining triangular dead areas. Each team lines up and tries to protect two adjacent sides of the square. To begin competition, three players from each team move into the playing area in their own half of the space. These are the active players who may roam anywhere in the square. The other players act as goalkeepers.
    The object of the game is for active players to kick the ball through the opposing team's line (beneath shoulder height) to score. After 30 to 45 seconds, active players rotate to the sidelines and new players take their place. Players on the sidelines may block the ball with their bodies and use their hands. The team against whom the point was scored starts the ball for the next point. Only active players may score. Scoring is much the same as in Circle Kickball in that a point is awarded for the opponents when any of the following occur:
    1. A team allows the ball to go through its line below the shoulders.
    2. A team touches the ball illegally.
    3. A team kicks the ball over the other team above shoulder height.

**Soccer Take-Away**
    Four or five players are designated as defensive players. Each of the rest of the students have a soccer ball and dribble it around the area. The defensive players try to take away a ball from the offensive players. When a successful steal is made, the player losing control of the ball becomes a defensive player.