

Hello Tigers,

This first week of June we have set up a soccer review lesson. (scroll down). You can use any ball you have to practice the skills in this lesson. The smaller the ball, the harder it is going to be. If you do not have a ball at all, make a ball out of paper. If you really want to get inventive you can wrap tape around it, and it will be an even better ball. Be inventive and have fun. Stay safe, I know it is hard, but we are still in a stay-at-home order so, stay six feet apart, wash your hands and if you can, wear a mask if you are in a crowd. We miss you all and want you to stay healthy. Exercise will help you stay healthy and if you want to do different exercise, go for it! Just do something that gets the blood moving. Have a great week Tigers.

Tony Collins & Andrew Long

Physical Education

Tiffany Park Elementary

Email me I would love to know what you are doing to stay healthy and how you are exercising. Anthony.collins@rentonschools.us

Andrew.long@rentonschools.us

June 1-5, 2020

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Quick Fitness	<p><u><i>The Fast Break/Warm-ups</i></u> <i>can be done to warm your body up before the day's activity, or anytime in the day when you've been sitting for a while & need to move around.</i></p> <p>SPARK Fast Break 1 Warm-Ups https://vimeo.com/34949760 <u>2</u></p>	<p>SPARK Fast Break 2 Warm-ups https://vimeo.com/349497206</p> <p>Try to get outside and go on a long walk (20 minutes or longer)</p>	<p>SPARK Fast Break 3 Warm-Ups https://vimeo.com/349496326</p> <p>Grab some chalk and make a hop-scotch court. Play a few games outside.</p>	<p>SPARK Fast Break 4 Warm-Ups https://vimeo.com/349496882</p> <p>Try to get outside & go on a speed walk race around your neighborhood or complex, pathways or sidewalks, or sports court (time yourself & count your laps).</p>	<p>SPARK Fast Break 5 Warm-Ups https://vimeo.com/349496713</p>

LESSONS

Lesson Objective: Students will attempt games & activities that reinforce foot-eye coordination skills and quick footwork.

Try this:	<p>K-2 Soccer Dribbling 3-5 Ball Control 3-5 Soccer Dribbling</p> <p>Try controlling a soccer ball with your feet around some obstacles (cones, trees, empty plastic bottles, people, anything safe). See how fast you can go safely.</p>	<p>K-2 Passing for Accuracy 3-5 Passing</p> <p>Today work on your passing skills. Pass to a fixed target (cone, wall, tree, anything safe) or a partner if you can find one.</p>	<p>K-2 Passing for Distance 3-5 Soccer Shooting</p> <p>Try passing a soccer ball a long distance. See how differently it feels to kick it further. 3-5 try some soccer shooting at a target or a wall.</p>	<p>Soccer Golf</p> <p>See if you can setup a small soccer golf course around your house. Try passing toward targets and count how many kicks it takes to safely hit the target. Remember to try for the lowest score possible!</p>	<p>Soccer Keepy Uppy</p> <p>See how many keepy uppy (juggling) touches you can get in a row without the ball bouncing on the ground. Remember you can use your feet, head, shoulders, thighs, and anything but your arms and hands. Good Luck!!!</p>
Talk	<p>What other ways can you move the ball with your feet? How many touches can you get in 1 minute?</p>	<p>Can you use more than 1 surface or your foot? Can you name them?</p>	<p>How does it feel with different surfaces of your foot?</p>	<p>What is the lowest score you can get after your first try? Can you use different types of passes or surfaces of your foot?</p>	<p>How many times can you juggle with only your feet? Your thighs? Shoulders? Head? Try new ways to get your whole body involved.</p>

LOOKING FOR MORE?

P.E. Standards

Soccer Skills

Standard 1: Students will apply and demonstrate motor skills

- 1.10, 1.11, 1.12

Standard 2: Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance

- 2.2

Standard 3: Students will engage in, and understand the benefits of, physical activities

- 3.1, 3.2

Standard 4: Students will exhibit responsible personal and social behavior that respects self and others

- 4.1, 4.4, 4.5

Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

- 5.1, 5.2, 5.3