

ACTIVITY 6

1 WARM UP

2 FOOTLOOSE
DANCE

3 OBJECT
CONTROL SKILL
OF THE WEEK

4 CHECK OUT
PREVIOUS
ACTIVITIES



REMEMBER:

You can do the warm up
and dance with your arms
from a seated position.



[WEEK 1 CLICK HERE](#)

[WEEK 2 CLICK HERE](#)

[WEEK 3 CLICK HERE](#)

[WEEK 4 CLICK HERE](#)

[WEEK 5 CLICK HERE](#)

[LEARNING PLAN
CLICK HERE](#)

KICKING



PREREQUISITE SKILLS FOR KICKING

- *From seated bend/straighten leg
- *Stand on one foot with hand held assistance
- *Stand on one foot independently

BALANCE ACTIVITY



MODIFICATIONS

KICKING MODIFICATIONS



CAN YOU :

- *Kick a stationary ball placed in front of you
- *Kick a ball rolled to you
- *Kick at a target for accuracy
- *Kick for force/distance

GO TO SOCCER PAGE HERE



FUN FACTS

Soccer is the most popular sport in the world.

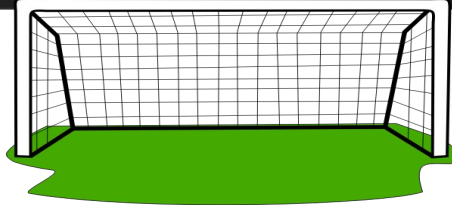
In most countries, it's called "Football".

Over 1 billion fans watch soccer on TV each year.

Every four years there is a big competition called the World Cup.

It's like the Olympics but just for one sport, soccer!

Over 3 billion people watch the World Cup.



WATCH INCREDIBLE
GOALIE SAVES
CLICK HERE

WATCH AMAZING
GOALS SCORED
CLICK HERE



CRAB
SOCCER
GAME



RECYCLE
SOCCER
GAME CLICK
HERE

MODIFIED ACTIVITIES

TABLE SOCCER



BUBBLE BLOCKER
GOALIE PRACTICE



SOCCER
JUGGLING



DROP
KICK
GOALIE
PRACTICE



KICKING MODIFICATIONS

Use a bigger ball
-students using a
wheelchair can push
the ball around



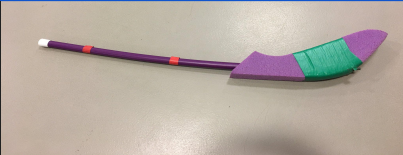
suspend the ball



elevate the ball



Use a hockey stick
or broom to kick
in a game.



Take some air out of the ball
when practicing dribbling-it
doesn't roll as fast and it is
easier to control.



Attach a box to
the footplates



BACK TO
KICKING
SLIDE



ACTIVITY 6

LEARNING GOALS

Object Control Skill
of the Week:
Kicking/Soccer

WATCH AND DO

Warm up video

Footloose dance

Navigate Object
Control
Soccer/Kicking Slides

PRACTICE

- *Kick a stationary ball placed in front of you
- *Kick a ball rolled to you
- *Kick at a target for accuracy
- *Kick for force/distance
- *soccer juggling
- *soccer games

MODIFICATIONS

sit in chair; use arm movements, use balloons, use rolled up socks, yarn balls, physical assists

COMMUNICATION

Link sent to case managers and PE teachers to be posted in google classrooms