

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES 3 & 4**

SKILL AREA	STUDENT OBJECTIVE	EXAMPLE/ACTIVITIES	RESOURCE/MATERIALS	ASSESSMENT	NJ CORE CURRICULUM STANDARD
SOCCER	<p>Students will be able to:</p> <ul style="list-style-type: none"> • use their upper body, hands, and legs; • demonstrate eye-hand coordination; • catch a ground ball and clear it with practice; • play with safety; • play to build fitness; • enjoy soccer activities. <ul style="list-style-type: none"> • use their upper body, hands, and legs; • demonstrate eye-hand coordination; • catch a medium high ball and clear it with practice; • play with safety; • play to build fitness; • enjoy soccer activities. 	<p>I. <u>SKILLS</u></p> <p>Review skills (A - D) from grades 1, 2, and Special Education as appropriate:</p> <p>E. Goal Keeper - Catching</p> <p>1. Catching Ground Balls</p> <p>Students will position themselves as follows: legs straight; bent at waist; feet in line close together; hands together with palms facing ball; elbows in. They will draw the ball to their chest, keeping their eyes on the ball.</p> <p>2. Catching Medium High Balls</p> <p>Students will stand with their arms forward, elbows bent, and palms up. Upon contact, they will draw the ball to their chest and form a protective pocket with their chest, arms, and hands.</p>	<ul style="list-style-type: none"> • 1 Soccer Ball or 8 ½" Play-ground Ball per Student • Same 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation 	<p>2.5 A.1-4 A.9-10 B.1 C.1 D.1-3</p> <p>2.6 A.1</p> <p>2.5 A.1-4 A.9-10 B.1 C.1 D.1-3</p> <p>2.6 A.1</p>

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<u>SOCCER</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • use their upper body, hands, and legs; • demonstrate eye-hand coordination; • catch an overhead ball and clear it with practice; • play with safety; • play to build fitness; • enjoy soccer activities. <ul style="list-style-type: none"> • use their upper body, hands, and legs; • demonstrate eye-hand coordination; • catch a ground ball and clear it with practice. <ul style="list-style-type: none"> • use their upper body, hands, and legs; • demonstrate eye-hand coordination; • catch an overhead ball and clear it with practice. 	<p>I. <u>SKILLS</u> (continued)</p> <p>E. Goal Keeper - Catching (continued)</p> <p>3. Catching Overhead Balls</p> <p>Students will position themselves as follows: knees flexed; body extended upward; arms fully extended; hands close together with palms facing upward. They will catch the ball with their fingers and draw it into a protective position.</p> <p>F. Goal Keeper - Clearing</p> <p>1. Underhand Clearing</p> <p>Students will roll the ball and step toward the target. They will release ball on the ground and follow through to the target.</p> <p>2. Overhead Clearing</p> <p>Students will follow the same steps as above except to release the ball overhand.</p>	<ul style="list-style-type: none"> • 1 Soccer Ball or 8 ½" Playground Ball for every 4 Students <ul style="list-style-type: none"> • Same as above <ul style="list-style-type: none"> • Same as above 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.9-10 B.1 C.1 D.1-3</p> <p>2.6 A.1 C.6</p> <p>2.5 A.1-4 A.9-10 B.1 C.1 D.1-3</p> <p>2.6 A.1 C.6</p> <p>2.5 A.1-4 A.9-10 B.1 C.1 D.1-3</p> <p>2.6 A.1 C.6</p>

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<u>SOCCER</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • use eye-foot coordination; • demonstrate body coordination; • experience and attempt a volley kick (most coordinated will get this skill) <ul style="list-style-type: none"> • improve accuracy of dribble and pass; • practice the skills with some accuracy and enjoyment; • follow directions in various drills and games; • enjoy a challenge in new activities. 	<p>I. <u>SKILLS</u> (continued)</p> <p>G. Volley Kick</p> <p>Students will keep their eyes on the ball and keep their knee and body weight over the ball. To loft the ball, they will lean back and contact the ball on the underside. Students will learn that a volley kick is used when there is no time to trap a ball that is in the air.</p> <p>II. <u>DRILLS</u></p> <p>Review drills (A - E) from grades 1, 2, and Special Education as appropriate:</p> <p>F. Circle Weave</p> <p>Divide students into small groups - 3 players to a group. Arrange cones in a large circle. Have one group line up behind each cone. On signal, the first players in each group will dribble their ball in and out of the circle and pass the ball to the next players.</p>	<ul style="list-style-type: none"> • 1 Soccer Ball or 8 ½" Playground Ball for every 4 Students <ul style="list-style-type: none"> • 4 Soccer Balls or 8 ½" Play-ground Balls per group • 4 Cones per Group • 8 Soccer Balls or 8 ½" Play-ground Balls for the whole class • 8 Cones for the whole class 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.9-10 B.1 C.1 D.1-3</p> <p>2.6 A.1 C.6</p> <p>2.5 A.1-4 A.9-10 B.1 C.1 D.1-3</p> <p>2.6 A.1 C.6</p>

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<u>SOCCER</u>	Students will be able to: <ul style="list-style-type: none"> • improve accuracy of dribble and trap; • improve accuracy of pass and trap. • improve accuracy of dribble and trap. 	II. <u>DRILLS</u> (continued) <p>G. Shuttle Dribble</p> <p>Divide students into groups - 8-10 players in each. Two groups each will get into lines across from each other. The first player dribbles the ball across to the waiting player who receives the ball and traps it. The first player then goes to the end of the line. The second player and each one thereafter follows the same drill.</p> <p>H. Wall Pass</p> <p>Using the inside of their foot, students will continuously kick the ball to the wall. They will start 5 yards away and keep increasing distance. Students can trap ball with foot or knee to stop rebound.</p> <p>I. Shuttle Turnback</p> <p>Divide students into groups - 6-8 players in each. Two groups each will get into lines facing each other. The 1st player dribbles the ball across to the other line and then returns to the end of their own line. Receiving player traps the ball and goes to the end of their own line.</p>	<ul style="list-style-type: none"> • 1 Soccer Ball or 8 ½" Play-ground Ball per Group • 1 Soccer Ball or 8 ½" Play-ground Ball per Student • Same as above 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation • Teacher Observation 	<table style="width: 100%; border: none;"> <tr> <td style="width: 10%; text-align: center;">2.5</td> <td style="width: 90%;">A.1-4 A.9</td> </tr> <tr> <td style="text-align: center;">2.5</td> <td>A.1-4 A.9</td> </tr> <tr> <td style="text-align: center;">2.5</td> <td>A.1-4 A.9</td> </tr> </table>	2.5	A.1-4 A.9	2.5	A.1-4 A.9	2.5	A.1-4 A.9
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SOCCER	<p>Students will be able to:</p> <ul style="list-style-type: none"> • improve the accuracy of dribble; • practice the skills with some accuracy and enjoyment. • practice the skills with some accuracy and enjoyment. • improve the accuracy of dribbling, trapping, kicking, clearing, catching, and running; • cooperate with groups and the whole classroom. 	<p>II. <u>DRILLS</u> (continued)</p> <p>J. Square Drill</p> <p>Have 4 students form a square. Player #1 dribbles the ball to Player #2, who in turn dribbles the ball to #3, and #3 to #4. Player #4 completes the square by dribbling the ball back to #1. Increase the distance as the students develop better skills.</p> <p>K. Outdoor Soccer</p> <p>Have students practice their skills in the following stations:</p> <ol style="list-style-type: none"> 1. Dribbling Station 2. Passing Station 3. Shooting Station 4. Clearing Station 	<ul style="list-style-type: none"> • 1 Soccer Ball or 8 ½" Play-ground Ball per Group • 20 Cones • 4 Soccer Balls • Goalie Areas • 2 Ropes 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation 	<p>2.5 A.1-4 A.9 B.1,5 D.1-2</p> <p>2.5 A.1-4 A.9 B.1,5,6 D.1-2</p>

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SOCCER	<p>Students will be able to:</p> <ul style="list-style-type: none"> • use soccer skills in a game situation; • improve accuracy in trapping, dodging, kicking, and passing; • use teamwork to add speed to game. <ul style="list-style-type: none"> • improve accuracy of dribbling; • demonstrate general agility in a game situation; • enjoy a challenge in new activities; • enjoy using all parts of body. <ul style="list-style-type: none"> • improve accuracy of passing and kicking; • use goal keeper skills in a game situation. 	<p>III. <u>GAMES</u></p> <p>Review games (A - E) from grades 1, 2, and Special Education as appropriate.</p> <p>F. Soccer Dodge Ball</p> <p>Same as Dodge Ball except that students will kick, trap and pass.</p> <p>G. Follow the Leader</p> <p>Each student “shadows” another student who makes general soccer agility moves. Have students use the whole playing area. Switch leaders.</p> <p>H. Guard Ball</p> <p>Have 3 or 4 students stand outside a circle that has a cone in the center. A guard stands in the center to guard the cone using goal keeper skills. Students pass to open players. Rotate guard.</p>	<ul style="list-style-type: none"> • 2 Soccer Balls <ul style="list-style-type: none"> • 1 Soccer Ball per Student <ul style="list-style-type: none"> • 1 Soccer Ball per Group • 1 Cone per Group 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.9-10 B.3 C.1 D.1-2</p> <p>2.6 A.4-5</p> <p>2.5 A.1-4 A.9-10 B.3 C.1 D.1-2</p> <p>2.6 A.4-5</p> <p>2.5 A.1-4 A.9-10 B.3 C.1 D.1-2</p> <p>2.6 A.4-5</p>

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SOCCER	<p>Students will be able to:</p> <ul style="list-style-type: none"> • improve accuracy of trapping, volley passing and instep passing; • encourage each other to avoid critical remarks when an error is made; • use soccer skills in a game situation. • stay alert. <ul style="list-style-type: none"> • improve accuracy of dribbling and trapping; • practice the skills with some accuracy and enjoyment; • follow directions in various drills and games. 	<p>III. <u>GAMES</u> (continued)</p> <p>I. Hot Potato</p> <p>Put students in small groups of 6-8 players. Have them stand in a circle and pass the ball as quickly as they can around the circle. The player with the ball or the player that last touched it gets a point. Students will continue to pass the ball in other direction. Each player will try to get the fewest points.</p> <p>J. Mickey Mouse</p> <p>Put groups of 12-16 students in a large circle formation. Have them number off by 4's. Place 4 soccer balls in the center of the circle. The teacher will call out a number and all students with that number will run to the center, get a ball, and dribble it back out of the circle through the space where they were standing. Dribble clockwise around outside of circle, back into the center and trap the ball there. First student back to their space scores a point for the team.</p>	<ul style="list-style-type: none"> • 1 Soccer Ball per Group <ul style="list-style-type: none"> • 4 Soccer Balls per Group 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.9-10 B.3 C.1 D.1-2</p> <p>2.6 A.4-5</p> <p>2.5 A.1-4 A.9-10 B.3 C.1 D.1-2</p> <p>2.6 A.4-5</p>

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SOCCER	<p>Students will be able to:</p> <ul style="list-style-type: none"> • improve accuracy of dribbling and running; • practice the skills with some accuracy and enjoyment; • follow directions in various drills and games. <ul style="list-style-type: none"> • improve accuracy of dribbling, shooting, passing, and goal keeping; • follow directions in various drills and games; • enjoy a challenge in new activities; • use soccer skills in a game situation. 	<p>III. <u>GAMES</u> (continued)</p> <p>K. Professional Soccer</p> <p>One student is selected to be "IT" and stands in the middle of the playing area (basketball court or larger). The rest of the students have been divided into 4 teams and can pick the names of professional teams (Rowdies, Stings, Stompers, Express or Diplomats). These teams line up on 2 parallel lines about 30 yards apart. When "IT" calls out the name of a certain team, those members must dribble to the other side. "IT" will try to tag as many players as he can. Tagged players will then help "IT." "IT" and all helpers must be dribbling the ball when players are tagged.</p> <p>L. Sideline Soccer</p> <p>Students will be divided into 2 teams of equal number. Each player has a number from left to right on each line. When the leader calls their number, the 2 players run to the center and try to dribble the ball to make a goal. The players without the ball must try to take it away. (One or more players from each team may be called out at the same time) When a goal is scored, all players will return to their sideline positions.</p>	<ul style="list-style-type: none"> • 1 Soccer Ball per Student • Soccer Field or Gym <ul style="list-style-type: none"> • 1 Soccer Ball • 4 Cones • Soccer Field or Gym 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.9-10 B.3 C.1 D.1-2</p> <p>2.6 A.4-5</p> <p>2.5 A.1-4 A.9-10 B.3 C.1 D.1-2</p> <p>2.6 A.4-5</p>

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<u>SOCCER</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • improve accuracy in trapping, dribbling, passing, and kicking; • follow directions in various drills and games; • enjoy a challenge in new activities; • use soccer skills in a game situation. 	<p>III. <u>GAMES</u> (continued)</p> <p>M. Triangle Soccer</p> <p>Students will be divided into 2 teams and placed on each side of a triangle with a common base across which a rope divides the teams. Two players from each team are placed in the center of their triangle facing the other team. All other players are spread out as goalies along the sides of the triangle. The teacher tosses the soccer ball in along the base (rope) of the triangle to start the game. The center players must get possession of the ball and make at least one pass to the sideline before kicking for the goal. If the ball goes through the other team's sideline, a score is made. All players will rotate clockwise and send out two new center players. Students will use soccer rules. The game ends when all players have been in the center.</p>	<ul style="list-style-type: none"> • 1 Soccer Ball • 4 Cones • Rope to divide teams • Soccer Field or Gym 	<ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.9-10 B.3 C.1 D.1-2</p> <p>2.6 A.4-5</p>