

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES 5 & 6**

| SKILL AREA | STUDENT OBJECTIVE | EXAMPLE/ACTIVITIES | RESOURCE/MATERIALS | ASSESSMENT | NJ CORE CURRICULUM STANDARD |
|---------------|---|---|---|--|--|
| <u>SOCCER</u> | <p>Students will be able to:</p> <ul style="list-style-type: none"> • play with safety; • enjoy using all parts of body; • practice the skills with some accuracy and enjoyment; • try to overcome the fear of the ball; • use the forehead at the hairline (not all will use this skill); • demonstrate coordination and agility. <ul style="list-style-type: none"> • enjoy using all parts of body; • practice the skills with some accuracy and enjoyment; • demonstrate agility and balance. | <p>I. <u>SKILLS</u></p> <p>Review skills (A - D) from grades 1, 2, and Special Education and skills (E - G) from grades 3 & 4 as appropriate.</p> <p>H. Heading</p> <p>The students will make contact with the ball between their hair line and their eyebrows. They will keep their neck straight and their body in line with the ball. They will put their legs in a stride position, with one foot in front of the other, and meet the ball at the height of the jump, allowing their arms to balance and help thrust their head forward.</p> <p>I. Ball Juggling</p> <p>Students will keep the ball in the air by using their feet, head, knees, and shoulders.</p> | <ul style="list-style-type: none"> • 1 Nerf Soccer, Sponge, or 8 ½" Play-ground Ball per Student <ul style="list-style-type: none"> • 1 Nerf Soccer, or 8 ½" Play-ground Ball per Student • 1 Hackey Sack per Student | <ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation | <p>2.5 A.1-4 B.1-2</p> <p>2.5 A.1-4 B.1-2</p> |

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| <u>SOCCER</u> | <p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate agility and balance; • practice the skills with some accuracy and enjoyment. <ul style="list-style-type: none"> • use skills in drill situations to improve skills and build confidence; • improve accuracy of clearing, kicking, and goal keeping skills; • cooperate with other players in a positive and safe manner; • develop better physical fitness in play; • enjoy the activity. | <p>I. <u>SKILLS</u> (continued)</p> <p>J. Goalie Stance</p> <p>Students will stand with feet shoulder width apart and toes pointed out. Their knees and trunk should be slightly bent. They will keep their arms at right angles to their shoulders. They will put their hands up and be ready to catch the ball.</p> <p>II. <u>DRILLS</u></p> <p>Review drills (A - E) from grades 1, 2, and Special Education and drills (F - K) from grades 3 & 4 as appropriate:</p> <p>L. Clearing the Goal</p> <p>Divide students into small groups of 8-12. Select 2 players to act as alternating goalies. The rest are divided into 2 groups - one that shoots at the goal and one that dribbles and passes the ball. Players on the right side try to make a goal and then go behind the goal to the other line. The goalie blocks the ball and clears it to the left. A player in the other line receives the ball, dribbles it to a cone, and then passes the ball to the waiting player in the shooting line. The 2 players in the goal take turns alternating as goalies to speed up the drill.</p> | <ul style="list-style-type: none"> • Mimic without equipment <ul style="list-style-type: none"> • Several Soccer Balls • Cones to mark spots • Soccer Goal area | <ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation | <p>2.5 A.1-4 B.1-2</p> <p>2.5 A.1-4 B.1-2</p> |

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| SOCCER | <p>Students will be able to:</p> <ul style="list-style-type: none"> • use skills in drill situations to improve skills and build confidence; • improve accuracy of pass and trap; • carry over enjoyment of sport to adulthood. <ul style="list-style-type: none"> • use skills in drill situations to improve skills and build confidence; • improve accuracy of passing; • demonstrate defensive skills. | <p>II. <u>DRILLS</u> (continued)</p> <p>M. Circle Heading Drill</p> <p>Divide students into small groups of 5-6. Each group will form a circle with a player in the center. The center player tosses the ball to the circle players who head the ball back toward the center. Rotate players.</p> <p>N. Triangle Drill</p> <p>Divide students into groups of 4. Select 3 players to make a triangle that will pass the ball around from player to player. Use cones to mark the triangle. As the ball is passed to another player, all of the 3 players move one space clockwise. The 4th player will try to intercept the ball. The players should try to move to an open place to receive the passed ball. Rotate players.</p> | <ul style="list-style-type: none"> • 1 Soccer Ball per Group <ul style="list-style-type: none"> • 1 Soccer Ball per Group • 3 Cones per Group | <ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation | <p>2.5 A.1-4 B.1-2 E.1</p> <p>2.5 A.1-4 B.1-2 E.1</p> |

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| SOCCER | <p>Students will be able to:</p> <ul style="list-style-type: none"> • use skills in drill situations to improve skills and build confidence; • follow directions and keep track of tasks and accomplishments. | <p>II. <u>DRILLS</u> (continued)</p> <p>O. Outdoor Soccer</p> <p>Have the students practice their skills in the following stations set up around the soccer field:</p> <ol style="list-style-type: none"> 1. Dribble Station 2. Passing Station 3. Shooting Station 4. Juggling Station 5. Goal Keeping Station 6. Heading Station 7. Throw-In Station <p>Have the students use task cards.</p> | <ul style="list-style-type: none"> • 20 Cones • 2 Goal Areas • Soccer Field | <ul style="list-style-type: none"> • Teacher Observation | <p>2.5 A.1-4 B.1-3</p> |

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| SOCCER | <p>Students will be able to:</p> <ul style="list-style-type: none"> • put all skills and rules together and play a game; • improve accuracy of dribble, kicking, trapping; • use teamwork and play proper position. <ul style="list-style-type: none"> • enjoy the challenge of soccer skills in a different game situation; • improve accuracy of trapping a ball; • improve accuracy of heading a ball. | <p>III. <u>GAMES</u></p> <p>Review games (A - E) from grades 1, 2, and Special Education and games (F - M) from grades 3 & 4 as appropriate.</p> <p>N. Soccer Pins</p> <p>This game should be played on a basketball court or other similar area. Five players should be on the court at one time. The object of the game is to knock down the opponent's pins. When a pin is knocked down, the opposing team is given a free throw-in from the sideline. When a team knocks down all 3 of the opponent's pins, new players come in. The remaining players are on the sideline and can only make the free throw-in. The team has one goalie and the other players act as forward and backs.</p> <p>O. Throw and Catch</p> <p>The students will throw the soccer ball back and forth over the net. Players must receive the ball with a chest, head, knee, or foot trap before catching it. If the ball touches the ground or if a player catches the ball without a proper trap, then a point is awarded to the other team. The server will then be allowed to throw the ball over to start the game. The goal is to get 15 points to win the game.</p> | <ul style="list-style-type: none"> • 6 Bowling Pins or Other Markers • 1 Soccer Ball <ul style="list-style-type: none"> • 1 Nerf Soccer Ball • 1 Volleyball Net | <ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation | <p>2.5 A.1-4 B.1-2 B.8</p> <p>2.5 A.1-4 B.1-2 B.8</p> |

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| SOCCER | <p>Students will be able to:</p> <ul style="list-style-type: none"> • enjoy the challenge of soccer skills in a different game situation. • increase accuracy of a head pass, volley kick, and trap. • put all skills and rules together and play a game; • use sportsmanship while playing; • encourage teammates by recognizing effort; • enjoy the social aspect of play; • build fitness by being active. | <p>III. <u>GAMES</u> (continued)</p> <p>P. Soccer Volleyball</p> <p>The net must be lowered for this game. The skills are same as the "Throw and Catch" game (see previous page) except that the players must send the ball over the net using a head, volley or lob pass. The ball is to be stopped soccer style. A point is awarded if a player fails to get the ball over the net.</p> <p>Q. Alley Soccer</p> <p>Students are divided into 2 teams. Each team is spread out at opposite ends of the field with 4 players, one in each side alley and 2 in the center alley, placed at the center of the field facing the opponents players. The end line players act as goalies to stop the ball from going past the end line and try to pass the ball to their own players on the field. All the rules of soccer apply. The game starts with a roll-in from the teacher. A goal is one point. The game ends when one team scores 5 points. Center players should be rotated after each point or in 3 minutes.</p> | <ul style="list-style-type: none"> • 1 Nerf Soccer Ball • Low Volleyball Net • Soccer Field (with long ropes dividing field in three long alleys) • Ropes (at each end area to denote goalie area) • 4 Cones (for corners of area) | <ul style="list-style-type: none"> • Teacher Observation • Teacher Observation | <p>2.5 A.1-5 B.1-2</p> <p>2.5 A.1-5 B.1-2 B.7-8</p> |

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| <u>SOCCER</u> | <p>Students will be able to:</p> <ul style="list-style-type: none"> • apply what has been learned in a game on a volunteer basis and have fun; • try to accept winning and losing gracefully or refrain from play until ready. <ul style="list-style-type: none"> • apply what has been learned in a game on a volunteer basis and have fun; • try to accept winning and losing gracefully or refrain from play until ready; • develop leadership skills; • respect a Captain. | <p>III. <u>GAMES</u> (continued)</p> <p>R. Rotation Soccer</p> <p>Use the same field as "Alley Soccer." Four players from each team are on the center and called "Forwards." The 4 players behind the Forwards are called "Backs." 4 players are in the goalie area playing "Goalies." All soccer rules apply. Students will play the game for 10 minutes, rotating players after each goal or in 3 minutes.</p> <p>IV. <u>ELIMINATION ROTATION SOCCER TOURNAMENTS</u></p> <p>5TH grades play 5th grades 6th grades play 6th grades Voluntary play at recess time</p> <p>Teams formed in various ways.</p> <ul style="list-style-type: none"> - Draw same color pinney - Captains draw shoes. - All choose a partner and partners are divided into 2 teams. <p>Captains are obtained in various ways.</p> <ul style="list-style-type: none"> - Teacher choice. - Student choice. - Volunteer - Guess right number, color, etc. | <ul style="list-style-type: none"> • 8 cones (mark field with 4 on each side) <ul style="list-style-type: none"> • 1 Soccer Ball • 8 Cones • Long Ropes • Referee • Score Sheet • Pinneys • Schedule • Posted Result Sheet | <ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation | <p>2.5 A.1-4 B.1-3 B.8 D.2</p> <p>2.5 A.1-4 B.1-3 B.8 D.1-3</p> |