

LEVEL	UNIT	LESSON Number 4	EQUIPMENT
First Grade	Soccer	Turning	Markers, Control Cones, Flags

Objectives

1. Demonstrate turning on at least four different body parts used as an axis.
2. Use at least two different ways to move while traveling in each of the three directions.
3. Play Safely.
4. Have fun.

Activity	Time (Minutes)	Procedure	Comments/Set-up/ Diagram
Part 1 Warm up Directions	10	<p>Direction Tag.</p> <p>The team players with the color that is chosen will be the taggers They will decide together which direction the class will travel, they also must travel in that direction. If you are caught you must choose another way to travel in that direction. Each time your flag is pulled you must choose another way to travel.</p>	<p>After a minute, choose another color to be it. Let them choose another direction. In this warm up, try to allow all six colors to be it, this will keep the game exciting. Don't allow the teams to choose the same direction two times in a row.</p>
Part 2 Teaching Turning	15	<p><i>The basic concepts of twisting and turning seem very similar to a 6/7 year old. Introduce the concept of turning first. Turning is spinning on one body part or axis. You can turn on a variety of body parts. It is important to explain the concept of turning and what it is, the class might not have a clear concept of what you mean by the term turning.</i></p> <ol style="list-style-type: none"> 1. "Sit down on your bottom in your own space. Keep your bottom on the ground in that spot, and using your feet or hands, spin around in a circle. Make sure you stay in that own space, using your bottom to spin on." 2. "Put your knee in your own space. Keep your knee on the ground in that spot, and using your feet or hands, spin around in a circle. Make sure you stay in that own space, using your knee to spin on." 3. "When I say go, find a new own space. Once you are there, show me how you can turn on one foot." 4. "Now turn using your back as the turning point." 5. "Find a new own space, and when you get there, show me how you can turn using your hand as the axis." 6. "What is another body part you can turn on, safely." <p>(If you are inside, or have carpet squares, you can have them turn using their head as the axis. Be sure that feet stay on the ground if they are going to use their head.)</p> <p><i>Be sure to give them a variety of body parts to turn on. (Foot, bottom, back, stomach, knee, hand) The lesson will be more fun if you allow them to find a new own space every couple of turns! The body part they are turning on will stay in contact with the ground in this lesson, in another lesson you can discuss turning on an axis, or jumping and turning. After you have them try a variety of parts to turn on, you can move onto the next part of the lesson.</i></p>	
Part 3 Practice Turning	5	<p>The first task of part three is to allow the students to pick the part they will turn on.</p> <ol style="list-style-type: none"> 1. "When I say go, travel to a new own space and begin turning on a body part that you choose. Keep turning until I tell you to freeze." (Do this first task at least two times.) <p>The next step should be to sequence the task.</p> <ol style="list-style-type: none"> 2. "When I say go, travel to an own space and once your there, pick a body part to turn on. After you have turned for 3 seconds, stop and move to another own space. Once you're in your second own space, choose a second body part to turn on, and turn on that part for 3 seconds. When you have finished your second turn, wait there until I give you the next instruction." (Do this at least two times.) 	<p>Point out the different body parts that you see the students turning with.</p> <p>Point out the sequences you see. You can even choose a student to demonstrate their sequence. You can also pair the students up with a partner, to show their sequence to! Then they can try their partners sequence!</p>