

## **PE Activity: Soccer Fitness**

### **Supplies Needed for a Class of 25:**

- Soccer ball for each pair of students

### **Length of Time to Complete:**

- 5 minutes to introduce activity
- 10 minutes to play

### **Audience (grades):** 3rd – 5th

### **Lesson:**

This year we learned all about healthy habits. Can you think of things that you can do to be healthy?

*(Eat Go Foods, eat more fruits and vegetables, use MyPlate as a guide to create balanced meals, exercise, limit electronics, rest, drink water).*

Eating well and exercising builds a healthy body and gives us energy to do the things we love.

Today we're going to do a soccer fitness circuit to help you build an even stronger body. We'll have a mix of cardiovascular exercises to strengthen our hearts, strength exercises for our muscles, and stretching exercises so we can stay loose. Ready?

### **Set- Up:**

Set up cones in a pattern or straight lines of lanes for pairs of students to run a course. Adapt the set-up to your school's environment.

### **Rules:**

- Students to be placed in pairs
- Each pair will pass a soccer ball back and forth as they move/run circuits around the course or lines set up in the gym/field, etc.
- When teacher blows the whistle, everyone will stop and do the activity that is called out by the teacher until the whistle is blown again.

- Every two or three minutes, teacher should blow the whistle and name an activity for them to do such as:

<b>Strength</b>	<b>Cardiovascular</b>	<b>Stretching</b>
Push-ups	Jumping jacks	Forward bend to stretch legs
Calf raises	Mountain Climbers	Calf stretch
Sit ups or plank	Exploding jumps	Side bends to stretch back
Squats	Get in basketball defense stance and run in place	Clasp hands behind back and lift hands while keeping arms straight