

Unit 5 - Soccer

Futsal Day

PLO's

Grade 9:

- A7 demonstrate a willingness to participate in a wide range of physical activities, including: individual and dual activities, games rhythmic movement activities (including dance and gymnastic activities)
- B2 apply fundamental movement skills in games activities in predictable and unpredictable settings
- C1 demonstrate behaviours that minimize the risk of injury to self and others in physical activity
- C3 demonstrate fair play in physical activities across the activity categories

Grade 10:

- A1 describe a variety of ways to be active throughout one's life
- A4 participate daily in moderate to vigorous physical activity to enhance fitness
- B2 apply fundamental movement skills in a range of complex games activities
- C2 model proper use of equipment and facilities
- C3 apply fair play conduct in all physical activities across the activity categories

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Apply learned skills and techniques to the indoor game 'Futsal'

Cognitive:

- Understand how dribbling and passing can be transferred to the indoor game as well

Affective:

- Playing cooperatively as a group and a pair
- Apply safety principles
- Enjoy the aspects of soccer in as number of settings

Social:

- Create good class atmosphere
- Encourage players in the group and team

Equipment:

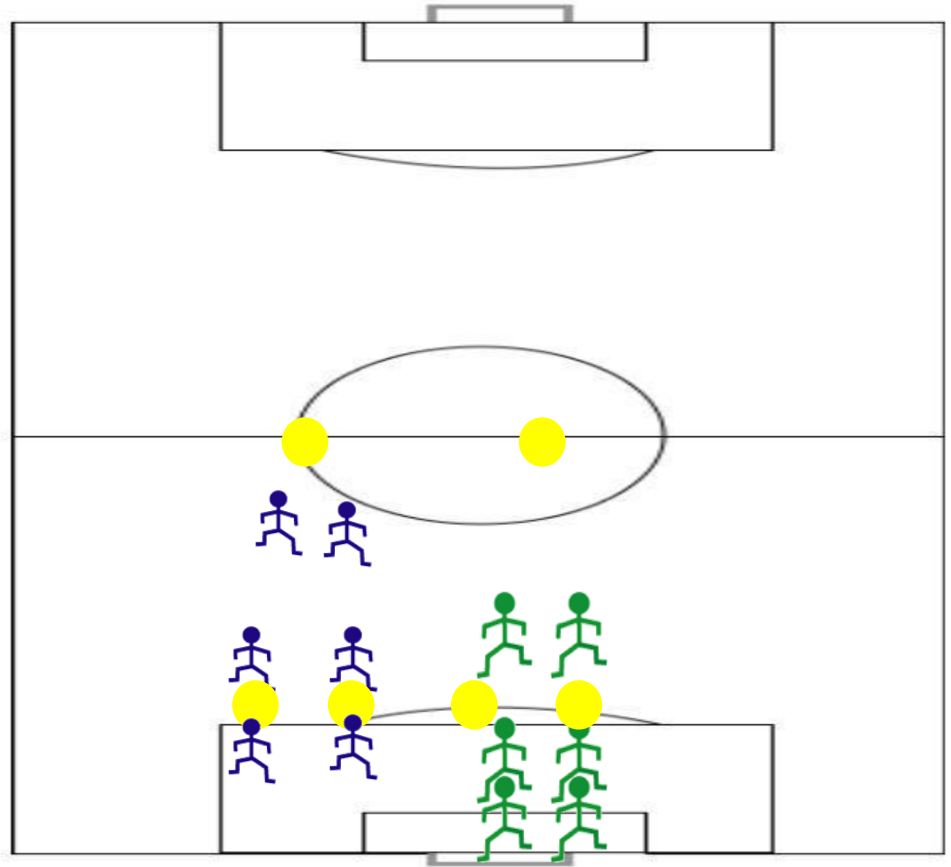
- Futsal Balls
- Pinnies (at least 4 different colours)

Sequence of Events

Change and free-play:	10 minutes
Warm-up, stretch, discussion:	5 minutes
Futsal Games (8 games):	40 minutes
Wrap-up and Change:	10 minutes
Total:	80 minutes

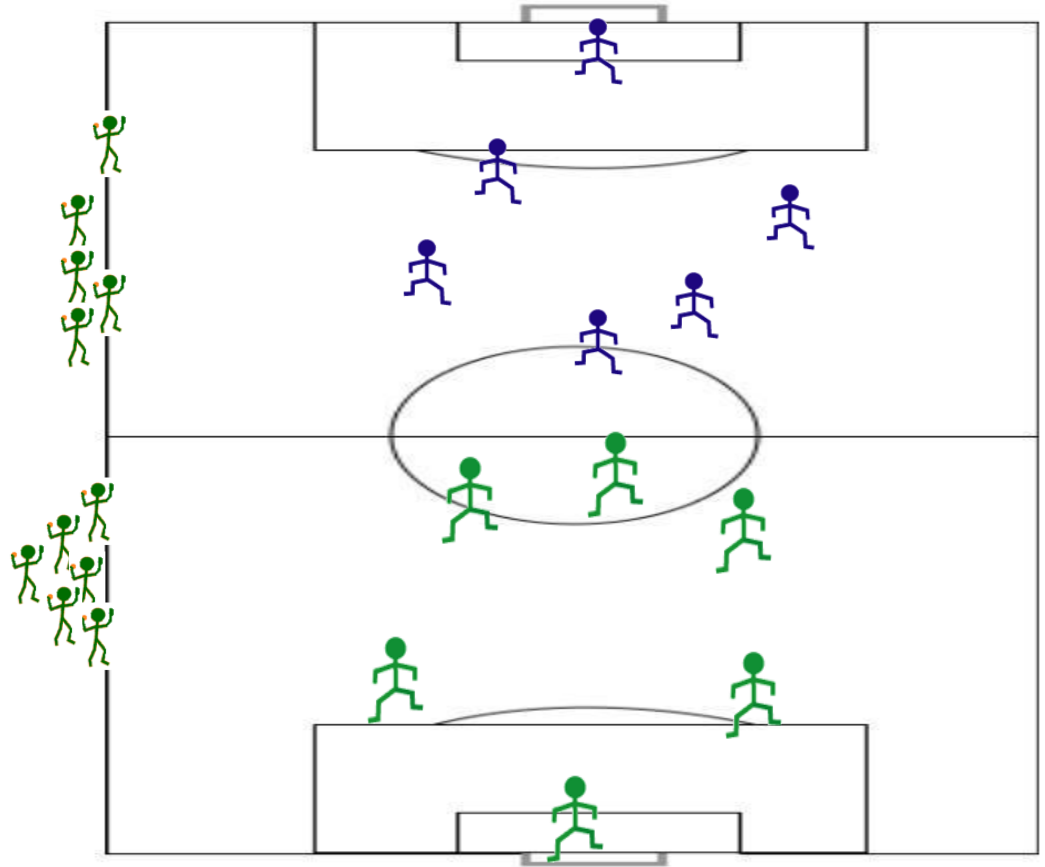
Warm-up (10 Minutes)

- Classic soccer warm-up
- Series of dynamic moves
 - Knees up
 - Heels up
 - Side step
 - Cross over
 - Walking Lunges
 - Stretch



Futsal Tournament

- 8 Games (5 minutes Each)
 - 1 v 4
 - 2 v 3
 - 1 v 2
 - 3 v 4
 - 1 v 3
 - 2 v 4
 - 3rd v 4th
 - 1st v 2nd
- Players watching identify skills and provide individual feedback



Wrap-up (10 minutes)

- Equipment retrieval by students
- Talk for next day (Shooting)
- See you tomorrow gentlemen