

## Play Active School Soccer Curriculum and General Lesson Plan

PASS is an adaptable physical education initiative that utilizes kids preexisting emotional engagement and love for soccer. While our program stems from a foundation in soccer skills, our goal is improved overall physical literacy, motivation for healthy lifestyle choices, and cooperative team building. We promote this by making the program fun and challenging for each student's skill level. Our program connects to the curricular and core competencies of the Curriculum.

### PASS' Competencies



#### Physical Literacy

This involves the learning of basic technical skill, overall agility and proprioception.



#### Social / Community Engagement

We try and create a love for active living and healthy lifestyles, which ideally continues outside of the school system. We promote a team aspect by asking students to work with fellow classmates to achieve goals. This creates a sense of camaraderie through the fun of sport.



#### Identity

Having professional coaches gives each student a sense of pride. It also creates a sense of equality and classroom clout or prestige to some who might not otherwise have it. Every kid wants to be good at soccer and this program ensures equal opportunity for each student to learn in a fun and safe environment.

### Lesson Plan

The aim of the PASS Program is to engage all students regardless of skill level and playing experience. We do this by creating a fun learning environment that encourages students to try a variety of fundamental skills, which can be progressed or regressed to suit their needs. The core skills of the program are juggling; dribbling, passing, ball mastery & small-sided games.

A basic session would look like this:

**Warm up:** Fun games that contain a variety of different movements, increases players heart rate, and encourages teamwork and social interaction.

**Skill development (unopposed):** Each player has their own ball and performs a variety of unopposed technical challenges designated by the coach. These skills can also be progressed or regressed to meet each individual student's needs. The assistant coaches monitor the students' progress and give feedback.

**Skill development (opposed):** The newly learnt skills are then put to the test in an opposed environment. We do this through competition with oneself by adding certain pressures like time constraints and reducing space.

**Small-sided game:** Each session ends with a small-sided game, which allows the players to try out their skills in a competitive environment. We limit the number of players to 5v5 maximum to allow more touches on the ball for each player. The games are given a different focus each day to relate to the previously learnt skills.



**Cool down:** To end the session all players shake hands/high-five/fist-bump and gather around the coaches. The coaches talk to the players about the importance of sportsmanship and respect, and emphasize that soccer should be about having fun above all else.



## Why Implement PASS?

- ☑ **Teachers want it:** PASS aligns with school curriculum and creates no extra responsibility for the teacher. In fact, it takes away the restriction that teachers face while teaching P.E. including time, space, and knowledge of sport and classroom management difficulties.
- ☑ **Kids want it:** The main reason is it's fun, but it also balances social status, gives a sense of pride and self-worth.
- ☑ **Parents want it:** It's quality and affordable programming while promoting a healthy lifestyle for their children.
- ☑ **Administration wants it:** PASS is an innovative program that sets a clear strategy and focus to empower all parties involved: parents, kids and teachers, while utilizing health and self-identity, two key aspects in a holistic approach to education. On top of that, because PASS is tried, tested and approved with great success in other districts, there are no risks to implementation.

## Conclusion

In today's society, sedentary lifestyles and increased screen time are becoming more and more prevalent in all ages. Not only is this affecting their physical well-being, but their mental/emotional well-being as well. It is vital that we create positive experiences in youth to ensure they continue with regular physical activity outside of school. It is these positive experiences early on that will set the tone for both their short and long-term habits.

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