

ASD Academic Plan

Physical Education: Soccer

Grade Level: 9-12 grade	Course Description: The purpose of this course is to introduce students to basic skills and knowledge associated with soccer. By applying these principles through active participation, students develop the necessary skills and knowledge to play soccer. In addition, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: Unlimited	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Understand basic soccer rules, terminology, and scoring procedures.	Understand basic soccer scoring and officiating procedures.
Demonstrate basic skills associated with soccer, including passing, dribbling, juggling, kicking, and heading.	Successfully participates in skill improvement and offensive game strategies.
Demonstrate the ability to perform individual offensive and defensive skills and strategies.	Consistently responds defensively to the opponent's play.
Understand and apply the knowledge of basic rules of soccer.	Demonstrate proper etiquette and good sportsmanship.
Demonstrate proper etiquette and good sportsmanship.	Develop an awareness of community resources and opportunities related to soccer.
	Demonstrate an understanding of health-related fitness components: muscular strength, muscular endurance, and stress management.
	Assess current personal fitness levels.
	Identify the major muscle groups and their application to soccer.
	Improve personal fitness through participation in yoga, Pilates, muscular strength, muscular endurance, and flexibility activities.
	Assess soccer in terms of fitness value.
	Identify and apply injury prevention principles related to aerobic activities.
	Understand and correctly apply biomechanical and physiological principles related to exercise and training.
	Demonstrate an understanding of health problems associated with inadequate fitness levels.
	Demonstrate and understanding of sound nutritional practices as related to health and physical performance.