



**SEASONAL THEME**  
BACK TO SCHOOL



**SPORTS THEME**  
SOCCER



**GRADE LEVEL**  
K-8

## LESSON 1: KANGAROO TAG (GROUP GAME)

- Equipment: 1 pool noodle per student.
- Place pool noodle between legs and hold in place using knees and thighs. Hop around the room like a kangaroo, without using hands to hold pool noodle in place.
- One student is "It" and tries to tag other students. Tagged students do 5 pushups on the noodle and then return to game.

## LESSON 2: BACK TO SCHOOL ICEBREAKER STATIONS I

- Create a series of partner icebreaker games with a fitness component. For example, Bottle Flip Challenge, Rock Paper Scissors Fitness, Hula Hoop Pass etc.
- Design a station card for each game and post them on the wall around the gym.
- Divide students between the stations. Have them partner up and play the game. After 3-5 minutes, blow whistle, rotate, find new partner and repeat.

## LESSON 3: SOCCER MINEFIELD (RELAY RACE GAME)

- Equipment: 20-30 tall cones or bowling pins, 2 soccer balls
- Set up a "minefield" by spreading cones throughout the gym
- Divide students into 2-4 even teams for a relay race. Object of the game is to dribble the ball through the minefield and back without hitting any of the cones.

## LESSON 4: SOCCER SKILL STATIONS I

- Create a series of soccer skill stations. For example, Soccer Bowling, Tennis Ball Dribble, Balloon Juggling, Shielding etc.
- Design a station card for each skill and post them on the wall around the gym.
- Divide students between stations and have them begin the activity. After 5-8 minutes, blow whistle, rotate, and repeat.



Get our printable Soccer Station Cards at:  
<https://americancoachingacademy.com/august>

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## LESSON 5: TORNADOES AND VOLCANOES (RELAY RACE GAME)

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- Equipment 20-30 disc cones, 4 soccer balls.
- Spread the disc cones around the gym, half upside-down (Tornadoes) and half right-side-up (Volcanoes).
- Divide students into 2 Tornado teams and 2 Volcano teams for a relay race.
- Object of the game is to flip as many cones as possible to match your team's name. Students dribble the ball out to a cone, flip it, return to their line, and the next student repeats.
- After time expires, count the number of Tornado cones vs Volcano cones to determine a winner.

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## LESSON 6: BACK TO SCHOOL ICEBREAKER STATIONS II

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- Create a series of partner icebreaker games with a fitness component. For example, Mirror Image, Fitness Story Time, Tennis Ball Facts etc.
- Design a station card for each game and post them on the wall around the gym.
- Divide students between the stations. Have them partner up and play the game. After 3-5 minutes, blow whistle, rotate, find new partner, and repeat.



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## LESSON 7: PIN SOCCER (GROUP GAME)

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- Equipment: 1 bowling pin per student, 20+ sponge soccer balls.
- Give each child a bowling pin and have them place it somewhere in the gym.
- Object of the game is to protect your pin, while trying to kick balls and knock over other students' pins.

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## LESSON 8: SOCCER SKILL STATIONS II

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- Create a series of soccer skill stations. For example, Passing Circle, Trapping, Soccer Shootout, Hula Hoop Agility etc.
- Design a station card for each skill and post them on the wall around the gym.
- Divide students between the stations and have them begin the activity. After 5-8 minutes, blow whistle, rotate, and repeat.

## LESSON 9: SOCCER ESCAPE ROOM

- This is a fun activity that will combine teamwork, fitness and soccer skills.
- Come up with a fun or “dangerous” scenario that your students must “escape” from.
- Create a series of soccer skill challenges (ie. juggle the ball on your knee 3 times). Encode the challenges using a cipher of your choice, then print out and give the encoded challenges to the students.
- They must work in teams to crack the cipher, decode the soccer skill challenges, then complete them as a team. Once done, they can “escape” the room and win the game.

Get our complete PE Escape Room "The World Cup Caper" at: <https://americancoachingacademy.com/august>

## RAINY DAY LESSON

- Create soccer themed crossword puzzles, word searches, coloring pages or other printable activities the students can do in a classroom
- Include words related to soccer rules, soccer history, famous soccer players etc.

## MONTHLY FITNESS CHALLENGE

- Create a calendar for August 2021. For each day, add a short fitness task for your students.
- Tie in holidays and observances where possible. For example, August 13th (Left-Hander’s Day) “Throw and catch a ball 10x using left hand only.”
- Print and hand out the calendar to your students. Offer a prize to those who complete at least 20 tasks in a month.

## THE ULTIMATE BACK TO SCHOOL PE LESSON KIT

For a limited time, we are offering the complete Back to School PE Power Pack at a significant discount! It includes all the lessons mentioned in this curriculum and more:

- PE Escape Room: The World Cup Caper
- 10 Back to School Icebreaker Station Cards
- 10 Soccer Skill Station Cards
- 30 Day Back to School Fitness Challenge
- Rainy Day Coloring Sheets and Word Puzzles
- 5 Print and Play PE Games for Groups

All designed to help PE teachers save time, eliminate stress, and deliver sensational lesson plans your students will adore!



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