

SOCCER & 4-H @HOME

Session 2

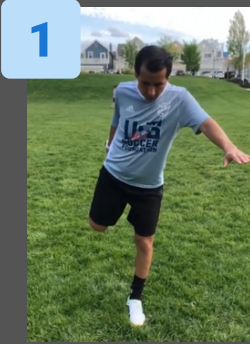
CLICK ON THE PHOTOS AND ICONS TO WATCH THE VIDEOS AND ACCESS THE ACTIVITIES

SOCCER ACTIVITY INSTRUCTIONS



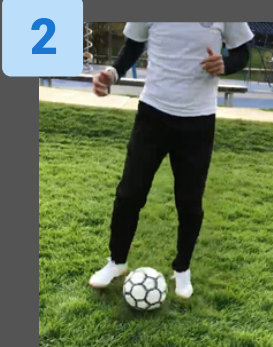
PENDULUM

Use the inside of both feet giving soft touches side to side, and keeping the ball in between your legs. To keep control of the ball, make sure you use the side of your toes to bring the ball to the middle. Important to keep your legs relaxed and slightly bending your knees.



1

WARM UP



2

PENDULUM



3

COOL DOWN

FOLLOW US ON



Extension - 4-H Youth Development



LEARN AND EARN



HEAD



4-H



Picture your Food



Soccer Fun Fact



Explore Careers



Recipe of the Week



Wellbeing

HOME CHALLENGE PENDULUM



HEART

3rd-5th Grade <i>Objective</i>	6nd - 7th Grade <i>Objective</i>	8th - 10th Grade <i>Objective</i>
PHASE 1 Do it for 30 seconds	PHASE 1 Do it for 60 seconds	PHASE 1 Do it for 90 seconds
PHASE 2 INCREASE THE SPEED	PHASE 2 INCREASE THE SPEED	PHASE 2 INCREASE THE SPEED

Make your own soccer ball with materials you can find at home



DO AND SERVE OTHERS



HANDS

KINDNESS ROCKS!

Spread cheer and positive messages in your neighborhood by painting rocks or creating sidewalk chalk art in random neighborhood spots. For more information on these activities check out *The Kindness Rocks Project* and #ChalkYourWalk.



EAT WELL



HEALTH

Good sources of fiber include:

Vegetables, Fruit, Beans, Peas, Nuts, Fiber-rich whole-grain breads and cereals, but how do you know the recommended amount of fiber for children? **EAT 5!** Add 5 to a child's age and that is the measurement in grams the youth needs in daily fiber.

