

# SOCCER & 4-H @HOME

# Session 6

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

## SOCCER ACTIVITY INSTRUCTIONS



## ROLL STOP

Alternating left and right every two times, use the inside / bottom of your foot to roll to the other foot and stop. Repeat one more time and switch to the other foot to do the same sequence.

## LEARN AND EARN



HEAD



4-H



Picture your Food



Soccer Fun Fact



Explore Careers



Recipe of the Week



Wellbeing

Click on each icon for activities.

## HOME CHALLENGE

## ROLL STOP



HEART

## WARM UP

1



2



## ROLL STOP

3



## COOL DOWN

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

## BUILD A REACTION CAR



## DO AND SERVE OTHERS



HANDS

### How Can I Help You Today?

When was the last time you cleaned the dishes or made dinner, not because it was your turn but because you can? It is easy to forget the ones we need to serve the most is our family and other people we care the most about. Start each day by asking "How can I help you today?"

## EAT WELL



HEALTH

## WATER



When you feel thirsty it can be the first sign you are dehydrated. Water is important for our bodies to function including keeping our bodies' temperature consistent. You can easily become dehydrated, and why is important that you drink water more often when it is hot outside or very active.

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Extension - 4-H Youth Development

