

# SOCCER & 4-H @HOME

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

## SOCCER ACTIVITY INSTRUCTIONS



## SOLE ROLL

Alternate left and right with each foot softly rolling the ball across your body.

1



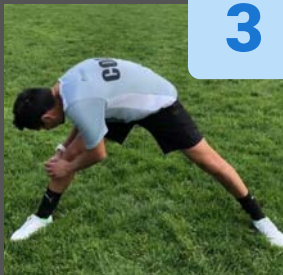
## WARM UP

2



## SOLE ROLL

3



## COOL DOWN

FOLLOW US ON



Extension - 4-H Youth Development



# Week 4

## LEARN AND EARN

● = 1 point



HEAD



4-H



Picture your Food



Soccer Fun Fact



Explore Careers



Recipe of the Week



Wellbeing

UP TO 5 POINTS BY ACTIVITY COMPLETED

## HOME CHALLENGE SOLE ROLL



HEART

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>

## Striking the Ball with the Laces



## DO AND SERVE OTHERS



HANDS

Many animal shelters have closed to the public because of COVID-19. This means fewer pets are being adopted as animals continue to come in. Find a shelter or rescue organization near you where you can foster or adopt a forever friend.



Please Adopt Us!

## EAT WELL



HEALTH

### Half Should Be Whole!



Grains are an important source of vitamins, minerals, and fiber. Nutrients we do not get enough of for good health. This is why the daily recommendation is for **half of the grains you consume should be whole grains**. You can find whole grain versions of bread, sandwich buns, tortillas, pasta, cereal, crackers, oatmeal, and rice to meet the whole grain daily recommendation.