

SOCCER & 4-H @HOME

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

SOCCER ACTIVITY INSTRUCTIONS



INSIDE/OUT

Alternating in and out with the same foot, you are going to give soft touches to the ball while doing little jumps with the other foot. Make sure you do it with both feet.

1



WARM UP

2



INSIDE/OUT

3



COOL DOWN

FOLLOW US ON



UF | IFAS Extension
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Extension - 4-H Youth Development



Week 8

LEARN AND EARN

● = 1 point



4-H



Picture your Food



Soccer Fun Fact



Explore Careers



Recipe of the Week



Wellbeing

UP TO 5 POINTS BY ACTIVITY COMPLETED

HOME CHALLENGE INSIDE/OUT



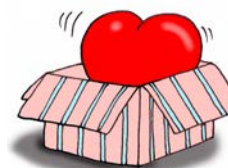
3rd-5th Grade <i>Objective</i>	6nd - 7th Grade <i>Objective</i>	8th - 10th Grade <i>Objective</i>
PHASE 1 Do it for 30 seconds	PHASE 1 Do it for 60 seconds	PHASE 1 Do it for 90 seconds
PHASE 2 INCREASE THE SPEED	PHASE 2 INCREASE THE SPEED	PHASE 2 INCREASE THE SPEED



DO AND SERVE OTHERS



Serve others by giving an alternative gift instead of a traditional gift when celebrating special occasions. An alternative gift takes the focus off buying a gift and on caring and being thoughtful. Research organizations in your community that could use volunteer "helping hands" or financial support. Afterwards, write down what you did and give it to the person you had in mind when being thoughtful.



EAT WELL



Portions and Serving Sizes



In the United States we tend to eat by volume, not by calories, making it easy to eat more food than our bodies need. Portions and serving sizes have different definitions. A portion is what you choose to eat and a serving size is a measured amount of food. To learn more about suggested portion sizes click on the measuring cup.