

# Nashwaaksis Memorial School Weekly Physical Education Challenges



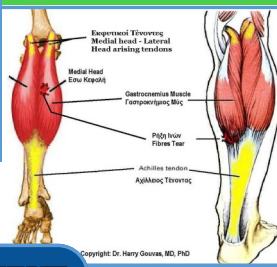
## Welcome to Week 7!

This week the equipment is simple. All you need is a light weight ball or rolled socks. We are targeting our kicking and footwork skills, so make sure the object you choose is easy on your feet!

Good luck with your selections for this week! Remember, there are many other activities on this site for you if you are looking to work on other skills. We look forward to seeing you in action. Have fun and be safe!

"I have many years to get better and better, and that has to be my ambition. The day you think there is no improvements to be made is a sad one for any player."

– Lionel Messi



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## MUSCLE MOMENT

The primary muscles in your lower leg used in kicking a football are on opposite sides of your shin bone (tibia). Your gastrocnemius and soleus muscles (your calf), contract to extend your ankle in a movement called plantar flexion, while the muscles on the front of your tibia, contract to hold your ankle in place during the movement.

www.livestrong.com

## Fitness Fun

Agility  
<https://whatchaknow-joe.wordpress.com/2020/02/25/4-direction-warm-up/>

Balance Warm up– Jeremy Frisch  
<https://twitter.com/JeremyFrisch/status/1107837816204152832>

Soccer Themed Tabata—Justin Cahill  
<https://twitter.com/justybubPE/status/1042423810203500544>

## Wonderful Wellness

Body Scan Activity for Calmness - Fabelfy-The Whole Child  
[https://www.youtube.com/watch?v=ihwcv\\_ofuME](https://www.youtube.com/watch?v=ihwcv_ofuME)

Mindful Posing/Superhero Pose (Article :Positive Psychology.com)  
<https://positivepsychology.com/mindfulness-for-children-kids-activities/>  
(Video Clip from Grey's Anatomy)  
<https://www.youtube.com/watch?v=cdNDa-cUrtM>

New Brunswick Mindfulness Challenge:  
<https://app.mindwelllu.com/newbrunswick?fbclid=IwAR0nilonvpjHi28jTLcyGGM1EshAws1jslo0HISaG6tc2ezjZQKFXdnT6Wg>

## Footwork First

Quick Link to the passing cues we use at school! REMEMBER, NO TOES!  
<https://drive.google.com/file/d/1lb7j3jZfcfSoXjkmWLL78CpgtA9cnEwV/view?usp=sharing>

Soccer Style  
Dribbling & Movement  
www.onlinesoccerskills.com  
[https://www.youtube.com/watch?v=QGhTpL\\_R1Lo](https://www.youtube.com/watch?v=QGhTpL_R1Lo)

Soccerdots.com  
<https://www.youtube.com/watch?v=OsgbY60vueA>

Try some Foot Juggling.  
Sepak Takraw Basics  
<https://www.youtube.com/watch?v=ueqrXnbyq3o>

Level up Tricks  
[https://www.youtube.com/watch?v=\\_MfoxBPT-YY&t=74s](https://www.youtube.com/watch?v=_MfoxBPT-YY&t=74s)

Getting Crafty!  
Make your own hacky sack/foot bag.  
<https://www.youtube.com/watch?v=Z809XORLuBo>

No Ball/Hacky Sack, No Problem!  
<https://twitter.com/bewellplayed/status/1251243206492160002>

## Check Up Challenges

Minefield– Chris Shackett  
<https://twitter.com/ChrisShackett/status/1185523702663995392>

Football Volleyball– Mr. Moore  
<https://twitter.com/MooreTayne/status/1248085503569788930>  
(If you like this look, up Speak Takraw and be AMAZED at the leveling up you can do!)

Kick Quest—Mike Ginicola  
[https://drive.google.com/file/d/1Z6-YPIb7skABIJepbY4D75I8VO2DCyg\\_/view?usp=sharing](https://drive.google.com/file/d/1Z6-YPIb7skABIJepbY4D75I8VO2DCyg_/view?usp=sharing)

Soccer Bowling-  
[https://www.youtube.com/watch?v=5czHrpq\\_xDc](https://www.youtube.com/watch?v=5czHrpq_xDc)

Soccer Skee – Kelly Brown  
(Use what you have available to build your own course)  
<https://whatchaknow-joe.wordpress.com/2018/10/06/soccer-skee/>

Knock My Socks Off– Paul MacKinnon  
(Modify this game by using your soccer kicking or foot juggling. You can put your targets on the ground, or hang them in an area you can shoot at like a clothesline or tree. Ask your parents where is best!)  
<https://twitter.com/NBPES/status/1259829709648605195>