



America SCORES' Soccer and Health Program and the National Standards for Physical Education

America SCORES programs use a unique soccer and health curriculum that has been developed by our staff of Soccer Directors and is used exclusively in all SCORES elementary after-school soccer and health workshops. The *Soccer Coach Manual*, which includes an entire year of programming, focuses on integrating soccer skills with scrimmages, teambuilding games, and health education. In this program, students become more active members of their schools and communities through participation on a team of their peers and coaches. With a focus on non-results oriented competition, student-athletes use soccer as a tool for movement, social interaction, and healthy choices, both on and off the field.

This curriculum addresses all six of the National Standards for Physical Education that were developed by the National Association for Sport and Physical Education (NASPE) in 1995 and updated in 2002. Outlined below are the activities that stem directly from the America SCORES curriculum as they relate to each of the standards.

According to NASPE, a physically educated person:

1. *Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.*
 - Students participate in two soccer skill-based practices per week that focus on motor skills such as dribbling, passing, receiving, heading, shooting, and goalkeeping.
 - Students improve their overall physical condition through learning specific skills and playing in soccer games.

2. *Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.*
 - Students participate in two soccer practices a week in which tactics such as formations, defending, and attacking are emphasized during scrimmages and small-sided games.
 - Students play in a weekly, non-results oriented game day in which they use tactics learned in soccer practices to compete against other teams.

3. *Participates regularly in physical activity.*
 - Students engage in three days of targeted physical activity on a weekly basis, divided between practice and game days for an average of 5 hours. All of these sessions include running, stretching, soccer skill practice, and small-sided games.



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- Students participate in health-related games during each soccer practice and selected writing workshops, focused on topics such as nutrition, anti-smoking, and circuit training.
 - Students are encouraged, through the SCORES curriculum and coach modeling, to become more physically active outside of programming time.
4. *Achieves and maintains a health-enhancing level of fitness.*
- Students participate in physical activity at least three days a week for approximately 5 hours, with additional time spent on health games during their writing workshops.
 - Students improve their fitness level throughout the season, as measured by the "Mini-Cooper" test, given at the beginning and end of the program cycle.
5. *Exhibits responsible personal and social behavior that respects self and others in physical activity settings.*
- The America SCORES Soccer and Health Curriculum teaches the values of teamwork, leadership, and commitment throughout the season through a variety of engaging activities and thought-provoking discussions. .
 - Students participate in challenge games during each soccer practice, building teamwork and conflict resolution skills with their peers and coaches.
 - Students play in weekly, non-results oriented game days, where sportsmanship and healthy competition are encouraged over winning.
 - Students, coaches, and supporters model positive behavior at all America SCORES events, as outlined in the "Team Management" section of our soccer curriculum.
6. *Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*
- The America SCORES Soccer and Health Curriculum emphasizes positive interactions and fun over winning, thereby encouraging students to see the game as a fun method of improving their health and social interaction.
 - Students connect their soccer and writing experiences throughout the season through team-taught sessions with both writing and soccer coaches and end-of-season culminating events. This connection allows students to explore soccer and team identity as separate from competition.
 - Students, coaches, families, and community members participate in special events to celebrate student achievement on and off the field.
 - Students are encouraged to use their new skills, related to soccer, health, and teamwork, in daily life outside of SCORES through coach modeling, the connection to the SCORES writing program, and peer interactions.