Soccer in School Curriculum: Introduction

The Soccer in Schools curriculum matches the Washington State Office of Superintendent of Public Instruction (OSPI) learning standards with the Washington Youth Soccer Age Appropriate Training Curriculum and basic nutritional information to create a program that promotes healthy lifestyles through soccer. The Washington Youth Soccer Age-Appropriate Training Curriculum was developed by the Washington Youth Soccer Technical Department lead by Gary White. For more soccer resources, including video sessions of the Age-Appropriate Training Curriculum, visit the Technical Zone.

Overview

Using the Washington Youth Soccer Age Appropriate Curriculum and sample nutritional content, each curriculum packet will contain four sessions that may be used to structure your Soccer in Schools program; each packet is sorted by grade level. Refer to the layout below to understand the breakdown of each curriculum packet.

Soccer in Schools Curriculum Layout

Grade 1- Ages 6/7- U8 Age Appropriate Training Curriculum
Grade 2- Ages 7/8- U8 Age Appropriate Training Curriculum
Grade 3- Ages 8/9- U10 Age Appropriate Training Curriculum
Grade 4- Ages 9/10- U10 Age Appropriate Training Curriculum
Grade 5- Ages 10/11- U12 Age Appropriate Training Curriculum
Grade 6- Ages 11/12- U12 Age Appropriate Training Curriculum

Soccer in Schools Session Outline

Each session begins with the learning standards provided by OSPI. As explained by OSPI, "The Health and Fitness Essential Academic Learning Requirements (EALRs) and Grade Level Expectations (GLEs) describe what students should know and be able to do. They establish the concepts and skills necessary for safe and healthy living, and in turn, for successful learning." Example:

Health and Fitness Essential Academic Learning Requirement 1: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness and nutrition.

Component 1.1: Develops motor skills and movement concepts as developmentally appropriate.

G.L.E 1.1.1 Demonstrates mature form in locomotor skills that contribute to movements proficiency.

Soccer in School Curriculum

These learning standards highlight the benefits of the Soccer in Schools program to your local school. Additionally, these standards can help you better understand what children at each grade are expected to know and understand.

Nutritional Information

Washington Youth Soccer has matched nutritional information sheets to each Soccer in Schools. The sample nutritional content is included to give the coach foundation in a relevant nutrition topic. This information can be given to the students or simply discussed in the session.

In addition, the Resources section contains a number of other nutritional resources and materials that may be used for your program. Highlighting the nutritional component in your session is very important for schools and is a great selling point, so do not overlook this aspect of the program. This however does not mean that you need to be a nutritional expert! Keep the topics simple and relatable to soccer. Below are some main themes to help structure your program.

Themes

- Nutrition basics
- Explanation of "living a healthy lifestyle"
- Importance of staying active
- Importance of eating before/during and after a game
- Importance of staying hydrated
- How food impacts performance

Using the themes above as a starting point for how to introduce nutritional topics into your session, the following sections will explain the resources used in the Soccer in Schools curriculum and how to combine nutrition into your school session.

Instructional Materials

Included in each curriculum packet is nutritional information that Washington Youth Soccer has pulled from nutrition-focused organizations. Below is the hyperlink to each site as well as an introductory statement about each organization.

Choose My Plate United States Department of Agriculture (USDA): "Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future."

WINForum: "The **WINForum** provides online sports nutrition information for students, coaches, athletic trainers, parents, and nutrition/health educators that emphasize the importance of healthy eating."

Active Bodies, Active Minds MLS: "Keeping your body strong and healthy helps you learn better, feel better and live better."