SOCCER & 4-H @HOME

Week 10

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

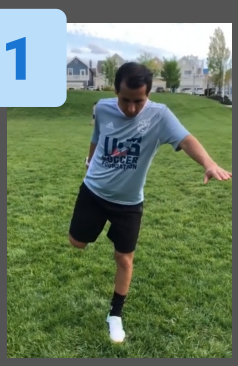
SOCCER ACTIVITY INSTRUCTIONS

CUT INSIDE

Alternating left and right with short steps in between, reach out to the ball with a foot to bring it to the middle with the inside part of your foot, by positioning your foot outside of the ball and turning your leg and body at the same time.

WARM UP

1

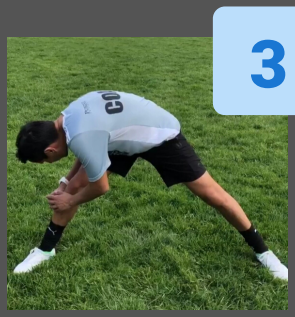


2

CUT INSIDE

COOL DOWN

3



FOLLOW US ON

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 CUT INSIDE

HEART

3rd-5th Grade *Objective*	6nd - 7th Grade *Objective*	8th - 10th Grade *Objective*
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**

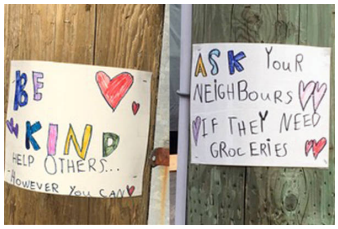
Bouncing Bubbles

DO AND SERVE OTHERS

HANDS

SPREAD POSITIVITY

Face to face communication has been difficult, impacting small businesses, the elderly and those with health issues. One simple way to take care of your community and show appreciation, support, or love is by making uplifting **Signs of Positivity** to post on doors, windows, and in yards. You can make a difference!



EAT WELL

HEALTH

SNACK TIME

Children usually eat at least one snack a day. Many available packaged snacks are lower in nutritional value. Fresh fruit, vegetables, cheese, nuts and whole grain crackers are a terrific way to support a child's healthy eating habit. Click on the picture of the kids eating a snack to find healthy snack ideas.

PURDUE UNIVERSITY | Extension - 4-H Youth Development

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