

Anatomy

Description: Anatomy is the study of the human body and its parts. You will learn about the different parts of the body that are important when playing soccer.

Activity: Use the word bank to label the different parts of the body.

Part 1: Blow up one of the balloons and see how long you can keep the balloon in the air using your head, thigh, chest, shoulder, and feet. You can then blow up the soccer beach ball and try the same thing.

Part 2: Use a soccer ball and see how long you can keep the ball in the air using your head, thigh, chest, shoulder, and feet.

Hint: This activity is also known as “juggling.” Pick up the ball with your hands and drop it on the top of your foot to start.

Additions: See how many “juggles” you can get with the soccer ball in a row. Challenge yourself to try and get more.

**Arm, Chest, Foot, Head, Knee,
Shin, Shoulder, Thigh**

