

# SOCCER

PACKET # 6

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

This text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and notes.

The Magazine Form (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

Soccer is a fast-moving, action-packed sport. It is one of the most popular sports in the world today. Soccer, which is technically known as "association football," was in fact the forerunner of modern football. Soccer was the only football-type game in the United States until American-style football became popular in the 1870s.



Today, soccer is included in the physical education programs of many schools. In addition, many elementary and high school students play it in organized after-school programs.

Soccer demands physically fit players since the game includes running as much as three or four miles per match. The player's arms, legs, heart and lungs all get a good workout during the average soccer game.

## HISTORY OF SOCCER

In 600 B. C., the Chinese played a version of soccer, using a ball stuffed with hair. The Romans also played a version of soccer called "harpastum." Julius Caesar reportedly used this game as training for his armies.

Soccer was also played in various forms in England for about four hundred years before

# Physical Education Learning Packets Answer Key

## Aerobics

**Shasha Hu**



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