

Lesson Procedure:

1. Introduction: Let's Talk Soccer! (5 mins)

- Start by asking the student about their interest in soccer. "What do you like about soccer? Who's your favorite team or player?"
- Hold up a soccer ball (if available). "Have you ever wondered how old soccer is? Where did it come from?"
- Introduce the idea: "Today, we're going on a time-traveling adventure to discover the history of soccer!"

2. Activity 1: Ancient Ball Games (15 mins)

- Explain that people have played games with balls for thousands of years, long before modern soccer.
- Show pictures or short, child-friendly videos of ancient ball games:
 - **Cuju (China):** Mention it involved kicking a ball through a net. (Search: "Cuju ancient China kids")
 - **Mesoamerican Ball Game (Maya/Aztec):** Explain they often used hips and elbows, and it was sometimes ceremonial. (Search: "Maya ball game for kids")
 - **Episkyros (Ancient Greece):** A team game involving throwing and kicking. (Search: "Episkyros ancient Greece game")
- Use the world map/globe to locate China, Central America (for Maya/Aztec), and Greece.
- Discuss: "How are these games similar to soccer? How are they different?" (Focus on kicking, teams, goals vs. using hands, different rules).

3. Activity 2: Soccer Gets Its Rules! (10 mins)

- Explain that many rough ball games existed in places like England for centuries.
- Talk about how in the 1800s in England, schools and clubs started writing down official rules to make the game fairer and less chaotic. This became the foundation of modern soccer (often called 'football' outside North America).
- Locate England on the map.
- Explain that standardized rules made it easier for teams from different places to play each other.

4. Activity 3: Soccer Travels the World! (15 mins)

- Discuss how soccer spread globally:
 - **Trade and Sailors:** People from England traveled for work and brought the game with them.
 - **Workers Building Railroads/Factories:** They formed teams in new countries.
 - **International Events:** The creation of FIFA and the World Cup helped make it popular everywhere.
- Use the map: Ask the student to point to England again. Then, point to countries known for soccer (like Brazil, Argentina, Italy, Germany) and discuss how the game might have reached there.
- Ask: "Why do you think soccer became so popular all over the world?" (Simple rules, doesn't need much equipment, fun to play/watch).

5. Activity 4: Soccer History Timeline (10 mins)

- Use a simple timeline (drawn or printed).
- Work with the student to mark key points: Ancient Ball Games (pick one, like Cuju) -> Medieval Ball Games (briefly mention rough village games) -> Modern Rules in England (1800s) -> First World Cup (1930) -> Soccer Today.
- Have the student draw a small picture next to each point (e.g., an ancient pot, a rough ball, a modern soccer ball, the World Cup trophy).

6. Conclusion & Assessment (5 mins)

- Review the map and timeline briefly.

- Ask recap questions: "Can you name one ancient ball game we learned about?" "Where did modern soccer rules get started?" "How did soccer spread to other countries?"
- Praise their effort and connect back to their interest: "Next time you watch or play soccer, you'll know you're part of a game with a super long and amazing history!"