

East Physical Education

UNIT: Flag Football

Stage 1 Desired Results

<p>ESTABLISHED GOALS</p> <p>Standard 1: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p>Standard 2: Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>Standard 3: Students will understand and be able to manage their personal and community resources.</p>	Transfer	
	<i>Students will be able to independently choose to engage in football in order to achieve and maintain a healthy lifestyle.</i>	
	Meaning	
	<p>UNDERSTANDINGS <i>Students will understand that...</i></p> <ul style="list-style-type: none"> • Each position is essential for a team to be successful (whole is the sum of its parts). • Many different movements are required to participate in football all of which improve physical fitness. • Use of proper offensive and defensive strategy will lead to team success. 	<p>ESSENTIAL QUESTIONS</p> <ul style="list-style-type: none"> • What is the importance of each position in football to the overall team success? • How does participation in football improve physical fitness? • How does the understanding of game strategy help the team achieve the goal of winning the game?
	Acquisition	
<p><i>Students will know...</i></p> <ul style="list-style-type: none"> • Procedures for participating in skill drills/game play • Individual sport specific skills • Strategy: <ul style="list-style-type: none"> ○ Defenses, offensive plays • Rules/Scoring of a game 	<p><i>Students will be skilled at...</i></p> <ul style="list-style-type: none"> • Passing • Catching • Running pass routes • Defensive coverages • Running with football 	

Stage 2 - Evidence

Evaluative Criteria	Assessment Evidence
Participation/Sportsmanship	<p>PERFORMANCE TASK(S):</p> <ul style="list-style-type: none"> • Daily Grade based on Department established Rubric. • Daily Fitness component towards Fitnessgram improvement. • Improvement of Skill level through tasks, skills, and student led games.

Written Assignments	<p>OTHER EVIDENCE:</p> <ul style="list-style-type: none"> • Written assignment on skills, rules, and impact on overall wellness
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Stage 3 – Learning Plan

Summary of Key Learning Events and Instruction

DAY 1	DAY 2	DAY 3	DAY 4
<p>Intro to Football</p> <ul style="list-style-type: none"> • <i>What do students know about football</i> • History of Football <p>Review etiquette and personal and social responsibilities. Health/skill Related Fitness Components</p> <p>Discuss/handouts community resources for football (Area Gyms, YMCA, rec centers, neighborhood possibilities)</p> <p>Teacher Led:</p> <ul style="list-style-type: none"> • Proper technique for throwing a football. • Proper technique for catching a football. <p>With a partner:</p> <ul style="list-style-type: none"> • Playing catch with football (stationary) • Students that catch 5 in a row take 5 steps back. • Playing catch with a moving target. 	<ol style="list-style-type: none"> 1. Review history of football and techniques for throwing and catching. 2. Discuss football positions 3. Introduce running routes <ol style="list-style-type: none"> a. Route lines (running 5 different pass routes) 4. Introduce Man to Man coverage <ol style="list-style-type: none"> a. Footwork drills 5. One on One competition (WR vs DB) 6. Introduce hand offs and basic run plays <ol style="list-style-type: none"> a. RB drills w/ QB 7. Eagle Ball (Ultimate Football) 	<ol style="list-style-type: none"> 1. Review previous skills and run warm up drills. <ol style="list-style-type: none"> a. WR Pass routes b. Footwork drills c. RB drills w/ QB 2. Introduce Flag football rules and expectations. 3. Demonstrate basic offensive plays and defensive strategies. 4. Make teams. 5. Teacher led Game 	<ol style="list-style-type: none"> 1. Review skills, rules, strategies, and positions. 2. Team warm-up drills. 3. Student officiated class tournament.

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