**East Physical Education**

UNIT: Flag Football

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| **Stage 1 Desired Results** | | |
| ESTABLISHED GOALS  Standard 1:  Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.  Standard 2:  Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.  Standard 3:  Students will understand and be able to manage their personal and community resources. | ***Transfer*** | |
| *Students will be able to independently choose to engage in football in order to achieve and maintain a healthy lifestyle.* | |
| ***Meaning*** | |
| UNDERSTANDINGS  *Students will understand that…*   * 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. | ESSENTIAL QUESTIONS   * 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*** | |
| *Students will know…*   * Procedures for participating in skill drills/game play * Individual sport specific skills * Strategy:   + Defenses, offensive plays * Rules/Scoring of a game | *Students will be skilled at…*   * Passing * Catching * Running pass routes * Defensive coverages * Running with football |
| **Stage 2 - Evidence** | | |
| **Evaluative Criteria** | **Assessment Evidence** | |
| Participation/Sportsmanship | PERFORMANCE TASK(S):   * 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 | OTHER EVIDENCE:   * Written assignment on skills, rules, and impact on overall wellness | |
| **Stage 3 – Learning Plan** | | |
| *Summary of Key Learning Events and Instruction*   |  |  |  |  | | --- | --- | --- | --- | | ***DAY 1*** | ***DAY 2*** | ***DAY 3*** | ***DAY 4*** | | Intro to Football   * *What do students know about football* * History of Football   Review etiquette and personal and social responsibilities.  Health/skill Related Fitness Components  Discuss/handouts community resources for football Area Gyms, YMCA, rec centers, neighborhood possibilities)  Teacher Led:   * Proper technique for throwing a football. * Proper technique for catching a football.   With a partner:   * Playing catch with football (stationary) * Students that catch 5 in a row take 5 steps back. * Playing catch with a moving target. | 1. Review history of football and techniques for throwing and catching. 2. Discuss football positions 3. Introduce running routes    1. Route lines (running 5 different pass routes) 4. Introduce Man to Man coverage    1. Footwork drills 5. One on One competition (WR vs DB) 6. Introduce hand offs and basic run plays    1. RB drills w/ QB 7. Eagle Ball (Ultimate Football) | 1. Review previous skills and run warm up drills.    1. WR Pass routes    2. Footwork drills    3. 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 | 1. Review skills, rules, strategies, and positions. 2. Team warm-up drills. 3. Student officiated class tournament. | | | |