

## East Physical Education

### UNIT: Flag Football

Stage 1 Desired Results		
<p><b>ESTABLISHED GOALS</b></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>	<b>Transfer</b>	
	<i>Students will be able to independently choose to engage in football in order to achieve and maintain a healthy lifestyle.</i>	
	<b>Meaning</b>	
	<p><b>UNDERSTANDINGS</b> <i>Students will understand that...</i></p> <ul style="list-style-type: none"> <li>Each position is essential for a team to be successful (whole is the sum of its parts).</li> <li>Many different movements are required to participate in football all of which improve physical fitness.</li> <li>Use of proper offensive and defensive strategy will lead to team success.</li> </ul>	<p><b>ESSENTIAL QUESTIONS</b></p> <ul style="list-style-type: none"> <li>What is the importance of each position in football to the overall team success?</li> <li>How does participation in football improve physical fitness?</li> <li>How does the understanding of game strategy help the team achieve the goal of winning the game?</li> </ul>
	<b>Acquisition</b>	
	<p><i>Students will know...</i></p> <ul style="list-style-type: none"> <li>Procedures for participating in skill drills/game play</li> <li>Individual sport specific skills</li> <li>Strategy: <ul style="list-style-type: none"> <li>Defenses, offensive plays</li> </ul> </li> <li>Rules/Scoring of a game</li> </ul>	<p><i>Students will be skilled at...</i></p> <ul style="list-style-type: none"> <li>Passing</li> <li>Catching</li> <li>Running pass routes</li> <li>Defensive coverages</li> <li>Running with football</li> </ul>
Stage 2 - Evidence		
Evaluative Criteria	Assessment Evidence	
Participation/Sportsmanship	<p><b>PERFORMANCE TASK(S):</b></p> <ul style="list-style-type: none"> <li>Daily Grade based on Department established Rubric.</li> <li>Daily Fitness component towards Fitnessgram improvement.</li> <li>Improvement of Skill level through tasks, skills, and student led games.</li> </ul>	

Written Assignments	OTHER EVIDENCE: <ul style="list-style-type: none"> <li>Written assignment on skills, rules, and impact on overall wellness</li> </ul>

### 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"> <li><i>What do students know about football</i></li> <li>History of Football</li> </ul> <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"> <li>Proper technique for throwing a football.</li> <li>Proper technique for catching a football.</li> </ul> <p>With a partner:</p> <ul style="list-style-type: none"> <li>Playing catch with football (stationary)</li> <li>Students that catch 5 in a row take 5 steps back.</li> <li>Playing catch with a moving target.</li> </ul>	<ol style="list-style-type: none"> <li>Review history of football and techniques for throwing and catching.</li> <li>Discuss football positions</li> <li>Introduce running routes               <ol style="list-style-type: none"> <li>Route lines (running 5 different pass routes)</li> </ol> </li> <li>Introduce Man to Man coverage               <ol style="list-style-type: none"> <li>Footwork drills</li> </ol> </li> <li>One on One competition (WR vs DB)</li> <li>Introduce hand offs and basic run plays               <ol style="list-style-type: none"> <li>RB drills w/ QB</li> </ol> </li> <li>Eagle Ball (Ultimate Football)</li> </ol>	<ol style="list-style-type: none"> <li>Review previous skills and run warm up drills.               <ol style="list-style-type: none"> <li>WR Pass routes</li> <li>Footwork drills</li> <li>RB drills w/ QB</li> </ol> </li> <li>Introduce Flag football rules and expectations.</li> <li>Demonstrate basic offensive plays and defensive strategies.</li> <li>Make teams.</li> <li>Teacher led Game</li> </ol>	<ol style="list-style-type: none"> <li>Review skills, rules, strategies, and positions.</li> <li>Team warm-up drills.</li> <li>Student officiated class tournament.</li> </ol>

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