

Title: "Super Bowl Fun"
Topic: Flag Football
Designers:

Subject/Course: Physical Education
Grades: 10

Stage 1: Desired Results

Psychomotor:

Students will run the routes and catch the ball proficiently. By the end of class, they should be able to run each route while cutting at the correct time, without using cones.

Cognitive:

Students will learn each route and be able to describe them.

Affective:

Students will understand that it is ok to be competitive, but it is never ok to take out anger on another competitor. Good sportsmanship is a lifelong skill that benefits everyone.

10.1 The student will demonstrate proficiency and apply the concepts and principles of exercise physiology, biomechanics, and anatomy in a variety of lifetime activities that may include outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, selected individual performance activities, and net/wall and target games in at least two self-selected, lifelong, skill-related physical activities.

a) Demonstrate skill attainment in one or more lifetime activities.

b) Apply and demonstrate knowledge of how movement is created, directed, and stabilized in one or more lifetime activities.

10.2 The student will apply knowledge of biomechanics and anatomy and analyze and evaluate the ability to move proficiently and efficiently in a variety of lifetime activities.

b) Analyze movement activities for component skills and movement patterns for one or more lifetime activities.

Established Goals:

The student will demonstrate his/her ability to play tennis.

The student will understand basic rules and regulations of flag football.

The student will understand and be able to run basic receiver routes.

Essential Questions:

How will my students learn the basic moves of football that can help them in lifelong sports?

How can I develop a rubric that allows the students unbiased reactions to their actions?

How can I explain running, catching, and defending in simple language the students will retain?

Students will

Students will know the basic rules and regulations of flag football.

Students will know the basic routes run in flag football.

Enduring Understandings:

Students will understand that flag football can be a good way to get physical fit while having fun.

Students will be able to...

Learning Targets
Students will be able to run basic receiver routes to form.

Students will know that being hydrated during physical activity is important and sports drinks should not replace water.	<p>Students will understand that joining a flag football league can be a good way to stay physically fit while meeting people with like-minded attitudes.</p> <p>Students will understand that sportsmanship is key in flag football as tempers can run high in the spirit of competition.</p>	<p>Students will be able to identify the different routes and will be able to cover them on defense.</p> <p>Students will be able to teach others about the basic football routes and how to cover them.</p>
<p align="center">Stage 2: Assessment Evidence</p> <p>I will assess flag football knowledge by asking the class general knowledge about some rules and regulations.</p> <p>I will visually assess the students' level of knowledge when it comes to football receiver routes and how well they run them using a rubric I will post.</p> <p>I will visually assess the defensive counterparts to the offensive routes using a rubric I will post.</p> <p>I will use an exit ticket with five routes and have the students identify each one.</p>		
<p>Performance Tasks:</p> <p>Students will run an assigned route and will plant their feet at the desired cut to run the route.</p> <p>Students will practice good cutting skills at a cone where I will yell "left or right."</p> <p>Students will practice their catching skills working on a diamond shape with pinkies touching.</p> <p>Students will use their learned defensive techniques to cover another student who is running a route.</p>		<p>Key Criteria:</p> <p>I am not focusing on throwing the ball in this part of the unit plan. Only the quarterback can use that training while every student in the class can receive the ball and defend it.</p> <p>Good mechanics of receiving the ball is using your eyes to focus on the ball, catching with your hands in a diamond shape with pinkies touching.</p> <p>Defensively, reading the eyes of the receiver, deflecting the ball with your hand without interfering with the route runner.</p>
<p>Other Evidence:</p> <p>Because I am not judging the students on their passing, I can have the students get into partners of three, one throwing, one receiving, and one defending. I will walk around the room visually judging them and every 5 minutes I will blow the whistle for them to swap positions.</p>		

Flag Football Unit Plan

<p>Stage 3: Learning Plan</p>
<p>Day 1.</p> <p>Activity 1: Each student grabs a partner and stands 10 yards away from him/her in their own self space. They pass the ball to each other, and keep count of the most completed passes in a row they can achieve.</p> <p>Activity 2: The class is spit into teams of 5 with one quarterback and 4 receivers. One at a time, the receiver lines up and gives the quarterback a signal. The number 1 is a streak route, the number 2 is a slant route, the number 3 is an out route. After the quarterback says the route, the receiver runs the route, attempts to catch the ball and goes to the back of the line. After all 4 players go, the quarterback changes to another student.</p>

Day 2.

Activity 1: Students stay with the same partner 10 yards away from each other. Every time a ball is caught successfully, the students take one step back from each other, if they fail an attempt, they take one step closer to each other.

Activity 2: Students line up in 4 even groups. Each group pairs with another so there are two groups, 15 yards away from each other. This is a relay race where one player throws the ball to the group across from him, then he goes to the back of the line. If the receiver drops the ball, both teams do 10 jumping jacks. Once the receiver attempts a catch, he goes to the back of the line. The game concludes when one team has all of its players catch a ball.

Day 3.

Activity 1: The students get in groups of three. Two students pass the ball to each other, while a third student is in the middle trying to intercept the pass. If the middle “monkey” intercepts the pass, he then goes to the outside and throws the ball to the other student.

Activity 2: This is the same exercise as the last relay race but, the opposing team chooses one player to be the “monkey in the middle” with the opposing side, he tries to intercept the ball during the relay race. Both sides are allowed some movement to avoid the monkey. If the monkey catches or disrupts a pass, the team does 10 jumping jacks. Just like before, the team that has every player receive a catch wins.

Day 4.

Activity 1: The class is split into teams of 5 with one quarterback and 4 receivers. One player is designated as a defender for the round. The quarterback and one receiver huddle up and come up with any route that they want to run. The defender does not know the play but simply tries to defend the pass. If the defender catches or disrupts the pass the QB and receiver have to do 10 jumping jacks. After the remaining three receivers go for passes, the QB and defenders change players until everyone has played QB and defender.

Activity 2: This is a normal game of flag football with standard rules but the main deviant rule is if the offense has two completions out of 4 downs, they get an automatic 1st down, so they can march down the field as long as they have 2/4 completions. The two teams have 7 on 7 players and must score a touchdown in the endzone to get 6 points. If a player’s flag is pulled, they are down at that spot.

Day 5:

Activity 1: The two teams have 7 on 7 players and must score a touchdown in the endzone to get 6 points. If a player’s flag is pulled, they are down at that spot. The stipulation on this game, is there are 1st down markers every 10 yards, and the offense must make the 10 yards in 4 downs, but in order to score a touchdown, they must complete 5 passes in one drive to 5 different receivers before they get to the endzone.

Activity 2: This is a tactical 7 on 7 flag football game. This is set up like an ultimate football game. One quarterback starts the game and passes it to teammate who then becomes the next quarterback. Every player of the 7 on one team must touch the ball and get a chance at quarterback before the team can score on a drive. In order to get a catch the team must utilize every route they learned throughout the unit and their catching cues.

SOL's

Day 1: (10.1a) lifetime movements, (10.1) running and catching, (10.1) cooperation, (10.1b) developing skills with teams and understanding basic rules of a lifetime sport.

Day 2: (10.1a) learning to throw and catch can be used as lifetime movements, (10.2b) using movement patterns and routes.

Day 3: (10.2b) using movement patterns and anticipation movements, (10.1a) lifetime activities of running and catching.

Day 4: (10.2b) passing and catching, (10.2b) knowing the rules of flag football.

Day 5: (10.2b) passing and catching, (10.1a) these activities give a fuller understanding of the whole game of flag football.