Flag Football Unit

Objectives:
By the end of the lesson students should be able to:
1. Demonstrate different pass patterns used in flag football from worksheet all students were given in previous lesson
2. Demonstrate spiral passing to a partner
3. Demonstrate teamwork as they play a game related drill of flag football
4. Give 2 positive comments towards their teammates.

Link to Standard and Essential Question:
A student shall demonstrate an understanding of motor skills and physical fitness and participate in physical activities that develop motor skills and physical fitness, by:

1. describing rules, skills, strategies, and etiquette associated with physical education activities;
2. describing the benefit of daily participation in physical activities;
3. describing the components of fitness planning;
4. showing evidence of implementing a fitness plan;
5. showing evidence of age-appropriate physical fitness;
6. demonstrating motor skills required for individual, dual, and team activities; and
7. displaying proper etiquette and team-building skills in dual and group activities.

Source:
http://cflapp.state.mn.us/CLASS/mecr/MECRController?TASK=contentstandard&CS_ID=80302&SECTION=STD

Prior Knowledge:
Students should have some general knowledge of rules and skills of flag football.
Students should have prior knowlege and skills of the warm-up, “race ‘em case ‘em.”
Students should know the “Partner Passing” drill and the “Passing Patterns” drill.
Purpose:
The purpose of this lesson is to improve the students’ skills of flag football. It is to work on the students hand-eye coordination by throwing and catching the football. To use teamwork and complements with other students.

Anticipatory Set:
- Roll Call
- Explanation of what will be done today.
  - Tell the students that the warm-up will consist of “race ‘em chase ‘em”
  - Tell the students that they will be working on the different skills of flag football and end the lesson with game like situations of flag football.
- Tell the students to head to the track

Method Strategies Used/Rationale:
Students will use active learning by participating in drills of flag football. Students will use cooperative learning by working in groups and working in teams. The reason for teaching about flag football is to use teamwork, provide general knowledge of the game of football, use safety features of no contact and the use of flags instead. The other purpose is to get students active for the required amount of time and to have fun doing it.

Chronology:
1) Anticipatory Set
   - Roll Call
   - Explanation of what will be done today.
     - Tell the students that the warm-up will consist of “race ‘em, chase ‘em”
     - Tell the students that they will be working on the different skills of flag football and end the lesson with game like situations of flag football.
     - Tell students to head to the track
     - Make sure you take up the rear so everyone gets there safely

2) Warm-up (10 min)
Have students take 2 laps around the track doing “race ‘em chase ‘em.” And half a lap speed walking.

3) Stretching (10 min)
- Have the students get in a large circle and stretch with the teacher leading.
Call out each stretch, have the student switch from one side to the next, hold the stretches for 8-10 seconds. Students should know all of the names of stretches and how to do them.
Stretches include:
- Triceps
- Shoulders
- Back of Legs
- Hurdler (hamstrings)
- Butterfly
4) Partner Passing Drill (15 min)
Have students get with a partner. One partner stands on the side line, second partner stands in a line from a cone placed on the field about 20 feet apart. Students’ work on their spiral passing and catching the football.

5) Passing Patterns Drill (15 min)
Students get in groups of 3. (if there needs to be a group of 4 that is okay) Have the students work on the 10 different passing patterns for review. Tell them that one person will start as the quarterback, one as the center, and one as the receiver. They will then rotate so that they play each position of each passing pattern. Emphasize hustle and game speed. Tell students to spread out all over the football field. The quarterback should not be throwing the football more than 20 yards to the receiver.

6) Game like Drills of Flag Football (30 min)
-Go over rules on sheet provided titled “7 down Game”
-Divide groups into 4 teams
-Give teams 1 and 3 the yellow flags to wear
-Give teams 2 and 4 the red flags to wear
-Emphasize the use of sportsmanship and teamwork on the field. Tell the students to give at least 2 complements to each teammate.
-Emphasize that flag football is a no contact sport.
-Play the drill game

**Accommodations Required and differentiated Instruction:**
If a student is injured and cannot participate they become the score keeper and referee for the “7 down game”
If there are other accommodations that need to be met, the drills will be altered so that the student can participate.

**Assessment of Objectives:**
Observing Participation in warm-up, stretching, and drills.
Observing positive feedback towards other students.
Observing the spiral pass with partners.

**Materials:**
Footballs (one for every 2 people)
Red flags and Yellow Flags
10 cones
The football field
The track
-“7 down game” worksheet