Flag Football

Content Area: **Physical Education and Health**
Course(s): **Phys Ed 6, Phys Ed 7, Phys Ed 8**
Time Period: **September**
Length: **4 weeks**
Status: **Published**

Transfer

Cooperation, Work Ethic, Skill Development and Physical Fitness

Enduring Understandings

Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.

Rules and safety are established for a safe and healthy understanding.

Teamwork will help develop skills for life time behaviors.

Essential Questions

To what extent does strategy influence performance?

How do competitive games and activities develop problem solving skills?

Why is sportsmanship important in class?

How do we improve the level of play in a team situation?

What makes a good team?

How does working well as a team relate to real life?

Content

Pass, punt, throw, touchdown, tackle, yard line, Interceptions, out-of-bounds

Learning Objectives

Demonstrate mechanically correct form and control when using and combining catching and throwing a football.

Compare and contrast offensive and defensive strategies in flag football game.

Demonstrate good sportsmanship and team work.

Demonstrate ability to understand rules of game and proper scoring and kick off situations.

Resources

Footballs

Cones

Scrimmage Vest (Pinnies)

Flag Football Belts

Whistle

Clock/Timer

Standards

HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.B	Strategy
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.