

# Unit 2 - Flag Football

Content Area: **Unified Arts**  
Course(s): **Physical Education 7**  
Time Period: **September**  
Length: **4 weeks**  
Status: **Published**

## Unit Summary

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## Standards

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HPE.2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
HPE.2.5.8.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
HPE.2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
HPE.2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

## Student Learning Objectives

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- Students will learn to use hand-eye coordination to work on throwing and catching.
- Students will learn the tactics used to open space and person-to-person defense.

## Essential Questions

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- How do I apply the skills and rules of flag football to work with my teammates to accomplish a goal?

## Enduring Understandings

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- Students will understand that...

## Application

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- Students will be able to independently use their learning to use three cues when throwing a football.
- Students will be able to independently use their learning to use three cues when catching a football.
- Students will be able to independently use their learning to determine when to use man-to-man or zone defense.
- Students will be able to independently use their learning to apply the rules of football.

## Skills

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Students will be skilled at:

- Throwing both a spiral pass and lead pass.
- Catching.
- Centering the ball.
- Punting.
- Running.
- Person to person defense.
- Field positions.
- Blocking.
- Determining the correct strategy to score.