

Unit 2 - Flag Football

Content Area: **Unified Arts**
Course(s): **Physical Education 8**
Time Period: **September**
Length: **4 weeks**
Status: **Published**

Unit Summary

Students will use hand-eye coordination to work on throwing and catching. The tactics used will be how to get to open space and person-to-person defense.

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.B.CS1 | Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork. |
| 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

- Students will learn correct technique for throwing and catching a football.
- Students will learn open space.
- Students will learn offensive and defensive strategies.

Essential Questions

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

Enduring Understandings

- Students will understand that their role in a larger community will allow them to accomplish goals more efficiently.

Application

- Students will be able to independently use their learning to demonstrate skills such as passing, catching, handing the ball off, snapping the ball, and punting.
- Students will be able to independently use their learning to participate in individual and partner activities such as passing, catching, handing the ball off, snapping the ball, and punting.
- Students will be able to independently use their learning to utilize 2 vs 2 and 3 vs 3.

Skills

Students will be skilled at:

- Utilizing three cues to throwing a football.
- Utilizing three cues to catching a football.
- Analyzing the difference between man-to-man and zone defense.
- Implementing rules of football.
- Throwing spiral and lead passes.
- Catching.
- Centering the ball.
- Punting.
- Running.
- Person to person defense.
- Field positions.
- Blocking.
- Implementing strategies to score.