

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

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.