Unit 09: Football

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **3-4 Weeks**
Status: **Published**

Brief Summary of Unit

This unit will support the development of team play principles, sportsmanship and cooperative learning. This unit will also provide students with the rules, regulations, safety concerns, strategies and skills of football. Students will develop and improve fine and gross motor skills and will participate in game variations for the sport of football.

Standards

2.2.2	Physical Wellness
2.2.2.MSC	Movement Skills and Concepts
2.2.2.MSC.4	Differentiate manipulative movements (e.g., throwing, catching, dribbling).
	Teamwork consists of effective communication and respect among class and team members.

Transfer

Essential Questions

- What are some offensive and defensive strategies of football?
- What are the key skills necessary for football?
- What are the safety concerns for football?
- What other sports share crossover skills with football?
- Why are the rules of football modified for physical education?

Essential Understandings

- a team has four attempts to get a first down while on offense.
- cooperation, communication and teamwork are all important for success in football.
- football is a physical sport that is modified for safety purposes in Physical Education.
- offense and defense are of equal importance in football.
- teams can also score by kicking a field goal or an extra point.
- teams score by either running or catching a football in the opposing team’s end zone.

Students Will Know

- basic offensive and defensive strategies for football.
- key terms for football: end zone, touchdown, downs, interception, line of scrimmage, positions, fumble, safety, off-sides, offense, defense, huddle.
- the rules, regulations, and safety concerns for football.
- the skills necessary in the game of football (pass, catch, kick, punt, passing routes, running routes, flag pulling).

Students Will Be Skilled At

Evidence/Performance Tasks

- act respectfully and follow all rules.
- answer the essential questions.
- complete a written test on content knowledge.
- demonstrate a level of skill.
- follow safety precautions at all times.
- identify differences between football in Physical Education and on a professional level.
- participate in all class activities and games.

Learning Plan

- Apply skills and strategies in game variations.
- Demonstrate and practice all skills related to football (grip, catching, throwing, punting, kicking, flag pulling, route running, defense).
- Demonstrate and review the positions on both the offensive and defensive ends.
- Review all rules, regulations, and safety precautions.
- Review the proper use of all equipment (football, tee, flags).

Materials

Suggested Strategies for Modifications

- Explanation and demonstration through kinesthetic, visual, and auditory strategies

- Students having difficulty will be encouraged to seek assistance from a peer or teacher for additional support.