

# Football II (7)

Content Area: **Physical Education**  
Course(s): **Physical Education**  
Time Period: **1 marking period**  
Length: **3 Weeks**  
Status: **Published**

## Unit Overview

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Football is a great activity to build a student's cardiorespiratory endurance, muscular strength and flexibility as well as their ability to cooperate with teammates to achieve a common goal. In this unit, students will learn the rules and essential movement skills, various passing routes, and man-to man and zone defense in order to successfully participate in a game of Football.

## Transfer

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Students will be able to independently use their learning to...

- participate successfully in a game of Football and enjoy the physical, social and mental benefits of the game to improve their overall health.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## Understandings

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Students will understand...

- how to throw and catch using the correct form.
- how to peer evaluate classmates on skill performance.
- how to perform various passing routes.
- the difference between man-to-man and zone defenses.
- how to demonstrate proper sportsmanship and cooperation during games.

## **Essential Questions**

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Students will keep considering...

- how concepts of force and motion affect the skill performance in a game situations.
- why practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
- there is a strong cultural, ethnic, and historical background associated with competitive sports.
- to what extent football improve skill-related fitness versus health-related fitness.

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

- how to throw and catch using the correct form.

- how to peer evaluate classmates on skill performance.
- how to perform various passing routes.
- the difference between man-to-man and zone defenses.
- how to demonstrate proper sportsmanship and cooperation during games.

### **Students will be skilled at...**

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Students will be skilled at...

- throwing and catching a football
- performing various passing routes
- man-to-man and zone defenses
- working with teammates to achieve a common goal
- identifying and following the rules of Football

### **Academic Vocabulary**

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#### **Target 1**

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- passing tree to understand the various routes
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#### **Learning Goal 3**

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Students will explain the difference between man-to-man and zone defenses.

HPE.2.5.6.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
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.2	Assess the effectiveness of specific mental strategies applied to improve performance.

### **Target 1**

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-basic defensive principles

- prevent the other team from scoring
- try and recover the ball
- be in the correct position

### **Target 2**

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-basic man-to-man principles

- stay with your player
- see the ball

### **Target 3**

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-basic zone principles

- know your position
- know the area you are responsible for

### **Summative Assessment**

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## Throwing mechanics checklist

### **21st Century Life and Careers**

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WORK.5-8.9.1.8.1	The ability to recognize a problem and apply critical thinking and problem-solving skills to solve the problem is a lifelong skill that develops over time.
WORK.5-8.9.1.8.1	Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency.
WORK.5-8.9.1.8.A.2	Implement problem-solving strategies to solve a problem in school or the community.
WORK.5-8.9.1.8.C.1	Determine an individual's responsibility for personal actions and contributions to group activities.

### **Formative Assessment and Performance Opportunities**

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Teacher will monitor students' performance of throwing and catching a football, running passing routes, and playing proper defense and give feedback to students.

### **Differentiation/Enrichment**

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Each student is provided an opportunity to be successful through the use of monitoring, equipment and repetition.

### **Unit Resources**

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Footballs

Pinnies

Cones