

# Unit: Football 9-10

Content Area: **Physical Education**  
Course(s): **Physical Education I, Physical Education II**  
Time Period: **1st Marking Period**  
Length: **3 weeks**  
Status: **Published**

## Unit Overview

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Football is a team sport that develops movement, team skills, and strategies that will help identify the importance of lifetime activity. Teamwork, cooperation, and good sportsmanship behaviors enhance game play resulting in more enjoyable and successful movement experiences for all. Participating in a team sport will help promote one's overall well-being by improving their overall fitness level in the following fitness areas: cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility.

## Transfer

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

- continue participating in team sports to benefit their physical, social, and mental well-being.
- demonstrate the importance of working together with other students to achieve a common goal.
- encourage them to participate in a team sport outside of the PE class.

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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 compare and contrast offensive and defensive strategies with teammates during a game.
- how to demonstrate proper sportsmanship and cooperation during the game.
- safety issues associated with football.

## **Essential Questions**

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Students will keep considering...

- How can participating in football contribute to overall wellness?
- How can understanding movement concepts improve my skill performance?
- What does good sportsmanship, and teamwork look like and how does it positively affect game play?

## **Application of Knowledge and Skill**

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

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Students will know...

- the rules and scoring of the game.
- how to identify offensive and defensive strategies to be successful as a team.
- how to use offensive and defensive strategies together to be successful in the game of football.
- how to demonstrate proper sportsmanship during game play.
- how to modify the game to meet the criteria of individual skill levels

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

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Students will be skilled at...

- > throwing football correctly
- > catching football with proper technique
- > correct alignment of positions
- > snapping football
- > kicking and punting
- > identifying and following the rules of football
- > identifying and modifying the scoring system

## **Academic Vocabulary**

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- \* Line of Scrimmage
- \* Offensive
- \* Defensive
- \* Positions: Receivers, Quarterback, Center, Offensive/Defensive Line, Running Backs, Defensive Backs, and Linebackers
- \* Touchdown
- \* Extra Point
- \* Goal Line
- \* Two Point Conversion
- \* Interference
- \* Holding
- \* Illegal Procedure
- \* Sideline

- \* End Zone
- \* Kick Off
- \* Punt
- \* Snapping

## **Learning Goal 1**

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Demonstrate and assess tactical understanding by using appropriate and effective offensive, and defensive skills in football.

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HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HPE.2.5.12.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.

## **Target 1**

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Students will be able to demonstrate correct hand position on holding a football, demonstrate correct arm movement while throwing a football, demonstrate proper mechanics on catching a football.

- Students will be able to demonstrate correct hand position on holding a football, demonstrate correct arm movement while throwing a football, demonstrate proper mechanics on catching a football, and demonstrate proper technique on snapping football.

## **Target 2**

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Students will be able understand and demonstrate proper pass patterns in order to be successful during a game.

- Students will be able to demonstrate proper technique on two variations of kicking the football, identify the proper body position on defending the receiver, and understand the different positions and their alignment on the field.

## Learning Goal 2

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Apply a variety of mental strategies to improve performance in football.

HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
HPE.2.5.12.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.

## Target 1

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Students will be able to...

- explain and demonstrate effective offensive strategies to help improve team performance during game play.

- Students will be able to... - explain and demonstrate effective offensive strategies to help improve team performance during game play.

## Learning Goal 3

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In football, promote individual and group success while including good safety practices, etiquette, cooperation, and team work.

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HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
HPE.2.5.12.C.3	Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.
HPE.2.5.12.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.

## Target 1

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Students will be able to:

- identify spatial awareness

- Students will be able to: - identify spatial awareness

## **Target 2**

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Students will be able to:

- respect different levels of individual skill while participating in activity

- Students will be able to: - respect different levels of individual skill while participating in activity

## **Target 3**

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Students will be able to:

-Assess personal and team behaviors for evidence of effective teamwork, effort, and sportmanship.

- Students will be able to: -Assess personal and team behaviors for evidence of effective teamwork, effort, and sportmanship.

## **Summative Assessment**

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### **\* Skill Performance**

- > Teacher Observation
- > Skill Checklist

### **\* Participation Performance**

- > Teacher Observation
- > Self and Peer assessments

### **\* Written Assessment**

- > Open-ended questions

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

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CRP.K-12.CRP1

Act as a responsible and contributing citizen and employee.

CRP.K-12.CRP3

Attend to personal health and financial well-being.

**Formative Assessment and Performance Opportunities**

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During drills and game play:

- Teacher observation
- Class participation
- Skill performance
- Self and peer assessments
- Open-ended questions

**Differentiation/Enrichment**

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

**Unit Resources**

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- \* Footballs
- \* Scrimmage Vest
- \* Cones
- \* Flags (Flag Football)