

# Football (grade 5)

Content Area: **Physical Education**  
Course(s): **PE 5**  
Time Period: **1 marking period**  
Length: **3 Weeks**  
Status: **Published**

## Football I 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 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.

## Meaning

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## Understandings

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Students will understand...

- how to throw and catch using the correct form.
- the rules of football.
- the origin and cultural background of football.
- how football enhances their personal fitness level.
- how to cooperate with teammates to achieve a common goal.

## **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 improves 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...

- the proper mechanics of the throwing form for a Football.
- the proper mechanics of the catching form for a Football.
- the rules for a game of Football.
- sportsmanship rules while playing a competitive game.
- the health related fitness components related to playing a game of Football.

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

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Students will be skilled at...

- throwing a Football

- catching a Football
- working with teammates to achieve a common goal
- identifying and following the rules of Football

## **Academic Vocabulary**

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### **Learning Goal 1**

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Students will throw a football using the correct form.

- Students will throw a football using the correct form.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.
HPE.2.5.6.A.CS1	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

### **Target 1**

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Students will practice how to hold the Football properly when throwing or running.

### **Target 2**

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Students will practice throwing the Football using the following form points:

Non throwing side aimed at target

Stepping with the opposite foot

Bring the throwing arm back away from the body

Rotate your hips

Throw over your shoulder

Follow through to your target

### **Target 3**

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Students will practice throwing the Football, using the proper throwing mechanics, during game situations.

### **Learning Goal 2**

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Students will catch a football using the correct form.

- Students will catch a football using the correct form.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.
HPE.2.5.6.A.CS1	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

### **Target 1**

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Students will practice catching a Football using the following form points:

Hands up palms away from face

Eyes on the ball

Watch the ball into your hands

Give with the ball

### **Target 2**

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Students will practice catching a Football, using the proper form, during game situations.

### **Learning Goal 3**

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Students will explain the rules of football.

- Students will explain the rules of football.

HPE.2.5.6.C.2	Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.
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HPE.2.5.6.C.CS1	Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
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### **Target 1**

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Students will identify Football Field Dimensions and Out of Bounds rules.

### **Target 2**

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Students will explain the following rules associated with the Line of Scrimmage:

Hiking the ball

Offsides

Rushing the Passer

### **Target 3**

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Students will identify and explain the following game infractions:

Pass Interference

Holding

Unnecessary Roughness

### **Target 4**

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Students will explain the rules and procedures associated with advancing the ball and scoring. (Completions,

First Downs, Touchdowns)

## **Learning Goal 4**

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Students will identify the origin and cultural background of Football.

- Students will identify the origin and cultural background of Football.

HPE.2.5.6.C.3	Relate the origin and rules associated with certain games, sports, and dances to different cultures.
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HPE.2.5.6.C.CS2	There is a strong cultural, ethnic, and historical background associated with competitive sports and dance.
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## **Target 1**

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Students will explain how Football has developed throughout history.

## **Target 2**

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Students will explain the cultural significance that Football plays in America.

## **Learning Goal 5**

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Students will explain how football enhances their cardiorespiratory endurance.

- Students will explain how football enhances their cardiorespiratory endurance.

HPE.2.6.6.A.1	Analyze the social, emotional, and health benefits of selected physical experiences.
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HPE.2.6.6.A.2	Determine to what extent various activities improve skill-related fitness versus health-related fitness.
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## **Target 1**

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Students will explain what cardiorespiratory endurance is and how football helps to improve their cardiorespiratory endurance.

## Learning Goal 6

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Students will demonstrate proper sportsmanship and cooperation during games.

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HPE.2.5.6.C.1	Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.
HPE.2.5.6.C.2	Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.
HPE.2.5.6.C.CS1	Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

## Target 1

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Students will identify and demonstrate the following sportsmanship and cooperation strategies:

Follow the rules of the game

Do not use foul language or negative comments

No taunting

Provide positive feedback and encouragement to teammates and opponents

Get everyone involved

## 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.5-8.9.1.8.2	Leadership abilities develop over time through participation in groups and/or teams that are engaged in challenging or competitive activities.
WORK.5-8.9.1.8.A.1	Develop strategies to reinforce positive attitudes and productive behaviors that impact critical thinking and problem-solving skills.
WORK.5-8.9.1.8.C.1	Determine an individual's responsibility for personal actions and contributions to group activities.

WORK.5-8.9.1.8.C.2	Demonstrate the use of compromise, consensus, and community building strategies for carrying out different tasks, assignments, and projects.
WORK.5-8.9.1.8.C.3	Model leadership skills during classroom and extra-curricular activities.
WORK.5-8.9.1.8.D.3	Use effective communication skills in face-to-face and online interactions with peers and adults from home and from diverse cultures.
WORK.5-8.9.1.8.F.1	Demonstrate how productivity and accountability contribute to realizing individual or group work goals within or outside the classroom.

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

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Teacher will monitor students throwing and catching form during a game of Football and provide feedback to the 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

Jerseys

Cones

Stopwatch