

Unit Football

Content Area: **Health & PE**
Course(s): **Generic Course**
Time Period: **Generic Time Period**
Length: **3 weeks**
Status: **Published**

Standards

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.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.
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.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.
HPE.2.6.12.A.2	Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals. (FITT and additional training principles)
HPE.2.6.12.A.CS1	Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.

Essential Questions

Why do I have to show good sportsmanship and follow the rules?

To what extent does strategies influence performance to competitive games and activities?

How can I become more mentally prepared for competition and sports performance?

Content / Skills

Rules

Grip on the ball

Throwing

catching

Route running

defense