

Unit Flag Football

Content Area: **Health & PE**
Course(s): **PE 01, PE 2, Health 4**
Time Period: **Generic Time Period**
Length: **3 weeks**
Status: **Published**

Unit Introduction

PE 2 FLAG FOOTBALL UNIT will consist of: Introduction of basic skills, techniques and strategies utilize in game situation.

PE 4 FLAG FOOTBALL UNIT will consist of: Review of skills, techniques and strategies culminating in actual game play.

Standards

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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.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.1 | Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior. |
| 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. |

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

1. Flag Football Rules/Regulation Hand Out.
2. Footballs: Youth size and Regulation Size
3. Flag Football Flags and Belts.
4. Cones