

PE Unit 02: Flag Football

Content Area: **Health & PE**
Course(s): **PE 01, 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

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