

Standard Lesson Plan

Instructor:	Grade Level:	Subject: Physical Education	Date:
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National PE Standards	Time Frame:10 Days
<p>S1.H1 - Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games)</p> <p>S1.H2 - Demonstrates competency in 1 or more specialized skills in health-related fitness activities</p> <p>S2.H1 - Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately</p> <p>S2.H2 - Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill</p> <p>S4.H2 - Exhibits proper etiquette, respect for others and team- work while engaging in physical activity and/or social dance</p> <p>S4.H3 - Uses communication skills and strategies that promote team or group dynamics</p> <p>S4.H5 - Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection)</p>	

Key Concepts	Mastery Statement (Learning Target)	Be Able to
<ul style="list-style-type: none"> Basics Rules of Flag Football Basic Scoring of Flag Football Proper Football Passing Proper Football Receiving Flag Football Defensive Strategy Flag Football Offensive Strategy 	<p>I can explain the basic rules of flag football and strategy involved in the game of flag football</p> <p>I can play a basic game of flag football and be an active participant</p>	<ol style="list-style-type: none"> 1. Explain the basic rules of flag football 2. Explain the basic scoring guidelines in flag football 3. Demonstrate a proper football throwing motion 4. Demonstrate a proper football catching technique 5. Demonstrate playing proper defense in a flag football game 6. Utilize proper offensive flag football strategy 7. Utilize proper defensive flag football strategy

Warm-Up Activities	Daily Skill Instruction	In-Class Activities and Games
<ol style="list-style-type: none"> 1. Dynamic Warm-Up 2. Target Passing 3. Partner 10 Cone Challenge 4. Flag Tag 5. Pass and Catch Relay 6. 1 v 1 - Run and Pull 7. 1 v 1 - Pass and Pull 8. Punt and Catch 	<ol style="list-style-type: none"> 1. Throwing the Football 2. Catching the Football 3. Defense - Pulling Flags 4. Defense - Covering Players 5. Rushing Offense - Flag Football 6. Passing Offense - Flag Football 7. Special Situations 	<ol style="list-style-type: none"> 1. Ultimate Foam Ball 2. Ultimate Football 3. 4 v 4 - Short Side Football 4. 4 to Score 5. One to Win It 6. 7 v 7 - Flag Football 7. Tournaments <ol style="list-style-type: none"> a. 4 v 4 - Short Sided b. 7 v 7 - Flag Football

Assessments	Differentiation	Alternative Activities
Students are evaluated based on skills acquired and developed throughout the unit using a performance-based grading rubric.	<ul style="list-style-type: none"> Students will be given the option to choose different activities after learning the basics of flag football This will include several warm-up games and variations of scoring games Additional invasion games will be included: Soccer, Ultimate Frisbee, Ultimate Football, etc. 	<ol style="list-style-type: none"> 1. Webquest: Basics of Flag Football 2. Biography: Football Stars 3. Video Summary - Watch a Current Flag Football Game and Summarize