

This is a preview!

Full “Football Unit” is 35+ pages!

Flag Football Unit

3-Week

Flag Football Unit

6-12th Grade



“Great unit.”

“Easy to implement!”

“Very helpful...Fun!”



Health Education Today

**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



Here is an Overview of the Program:

Name	
	01Football Unit.docx
	01Football Unit.pdf
> 	02Lead Up Games Football
	03Great website for Football.pdf
> 	04Warm Ups and Stretching
> 	05Workouts
	06Peer Grading Sheet.docx
	06Peer Grading Sheet.pdf
	07Play Score Sheet.pdf
> 	08Learning Targets and Standards
	09Physical Literacy Unit Check List.docx
> 	10BONUS Jump Rope Tests
> 	11BONUS Olympic Stations
	12Previews of Other Lessons.pdf
	13Troubleshooting Issues with Files.pdf

REAL TEACHERS' REVIEWS ENDORSE **THIS PROGRAM:**

“Love the build up of skills.”

“Very easy to use with my middle school students. Loved it!”

“The whole class was engaged.”

“Easy to use!” “Amazing!”

**“This product is detailed and thorough!
It worked great for us!”**



What is Included in this Program:

1

34 pages of Step-by- Step Teacher Directions

2

Skills, drills, instruction cues, technique and rules

3

Lead up games!

4

Workouts, warm-ups, and stretches

1

34 pages of Step-by- Step Teacher Directions

4-Week Suggested Overview:

OVERVIEW OF A 3 OR 4-WEEK UNIT

WEEK 1:

- Intro to unit/Rules-(see day 1)
- Put into teams-teacher selection for fairness (6 teams of 10 players)
- Throwing
- Catching
- Hiking
- Passing patterns
- Hand-off patterns
- Offense/Defense
- Offensive plays practice
- Scrimmage



WEEK 2:

- Team games

WEEK 3:

- Let students divide themselves into PRO/REC and p
- New PRO/REC team games
- Alternate activities

WEEK 4:

- Continue PRO/REC games
- Possibly add sand volleyball, soccer, or Frisbee Gam

SKILLS TO COVER:

1. Throwing
2. Catching
3. Hiking
4. Passing plays
5. Hand-off plays
6. Positions
7. Defense |
8. Kicking (optional, or Pro teams only)
9. Games/scrimmages
10. Knowledge of terms-word puzzle

Day 3: Football Plays

National Standards Met: Nat. P.E. Standard 1,2,4,5	Common Core Standards Met: Reading 3	My State Standards Met:
 Equipment Needed:	 How Many:	 Directions:
Footballs	1 for each team	
Plays Sheets (Print front to back and laminate if possible) See below	1 for each team	
-1 or 2 flags for each student	Bring flag sack	

Today's Instructions:

1. On inside dry-erase board, show the whole offensive line and jobs of each player (See handout). Show the defensive line and jobs of those players also.* Then show the rotation of all players. *For lower skilled class, show offense only today. (See below for handout)

POSITIONS AND TERMS:

HAND-OFFS: Q.B. hands the ball off to a Running Back.

LATERAL PASS: Q.B. laterals the ball to a player on the same team or a hand pass to the side or back)

OFFENSIVE LINE: (the team)

DEFENSIVE LINE: (the te

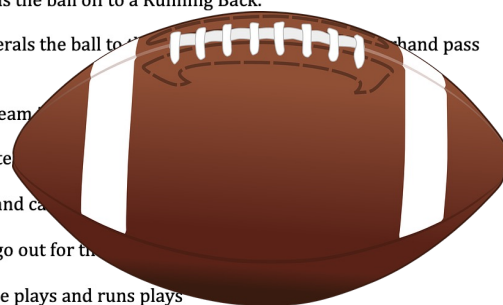
RECEIVERS: Go out for and ca

CENTER: snap the ball, go out for th

QUARTERBACK: calls the plays and runs plays

RUNNING BACKS: receive hand-offs or lateral passes from Q.B.

FRONTLINE (RUSHERS) on DEFENSE: rush the Q.B. **but you must wait for the count of "5 Bananas" after the QB gets the ball (not just from the time it's snapped).**



Program is standards-based:



National Standards

Common Core



Day 2: Football Skills and Drills

National Standards Met: Nat. P.E. Standard 1,2,4,5	Common Core Standards Met: Reading 3	My State Standards Met:
 Equipment Needed:	 How Many:	 Directions:
Footballs	1 for each pair of students.	
Plays Sheets (Print front to back and laminate if possible) See below	1 for each team	

Today's Instructions:

1. Inside on dry-erase board before going out, show the 7 basic plays we will use. It will be very basic and simple – the player who is Quarter Back (all will rotate through this position) will either call a running play or a passing play, and there will only be these positions: (6-7 on a team is ideal)

1. 1 Quarter Back
2. 1-2 Running Backs
3. Several Wide Receivers
4. 1 Center to snap the ball

3. Jog out to the field or run a lap on the track or do a fitness warm up and



2

Skills, drills, instruction cues, technique and rules

Method 1 **Practicing Good Catching Form** [Download Article](#)

3 Catch the football with soft hands. Soft hands are when your fingers and wrists are flexible and slightly relaxed. You want your hands to give a little bit when they come into contact with the ball. Catching with stiff, hard hands makes it more likely that the ball will bounce off you when you try to catch it.^[4]

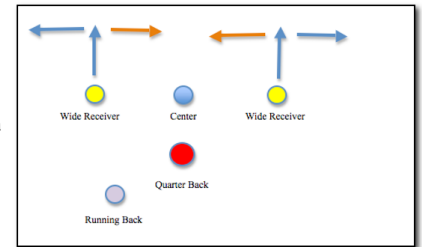


4 Keep your arms extended away from your body. Whether you're catching a regular pass (above the waist) or a low pass (below the waist), you want your arms to be slightly bent and extended outward. Extending your arms will give them room to respond to the impact when you catch the ball.^[5]

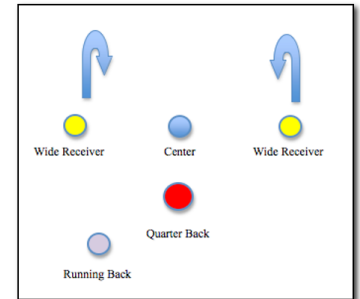
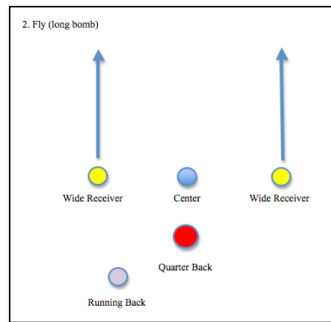
with How to Catch a Football

Football Passing Plays:

1. Down and Out or Down and In

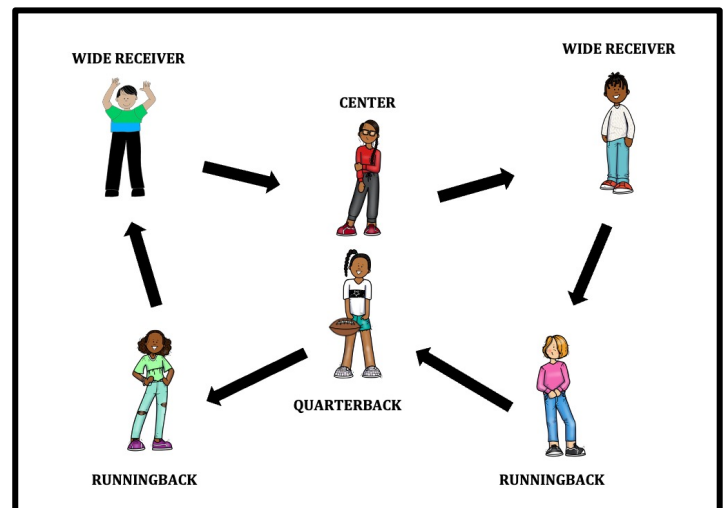


2. Fly (Long Bomb)



#1: Move It Warm Up:

1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm yet!



3

Lead up games!

Ultimate Frisbee:

**THIS ACTIVITY/LESSON MEETS NATIONAL STANDARDS-See end of class/lesson*

Equipment Needed:

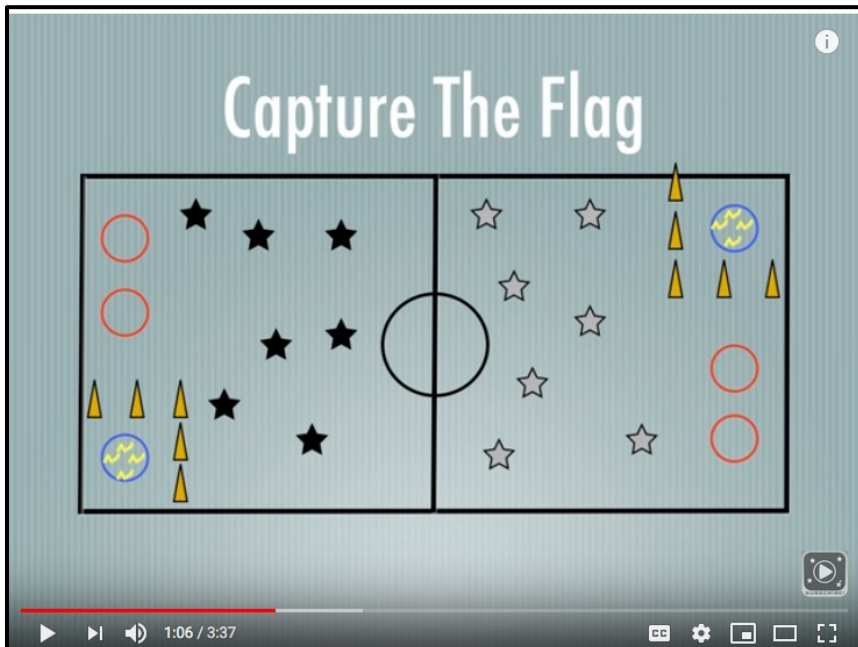
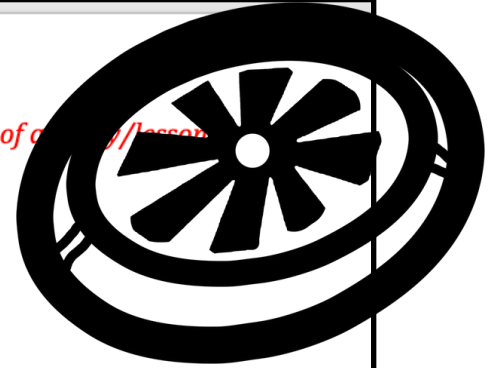
- Frisbees
- pinnies

1. Review and practice Frisbee skills:

-Grip the Frisbee in your fist. Your thumb should be on top of the Frisbee, your index finger should be against the edge and your remaining fingers should touch the underside.

- Stand with your feet at a 90-degree angle to your target. Your right foot should be in front if you are right-handed, and your left foot should be in front if you are left-handed.

Curl your wrist slightly back towards your body as you hold the Frisbee. Your elbow should be pointing up and outward. Point it at your target. Straighten your arm fast and try to flick!



5. MARATHON:

Skip with High Knees

-Step (R), lift opposite knee (L), step other foot (L), lift opposite knee (R)



4

Workouts, warm-ups, and stretches and “Peer Assessment Sheet”

Sweet 16:

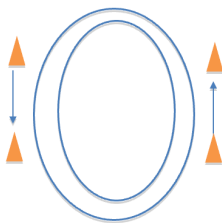
1. Both partners: Run 1 Sweet 16 line and touch the line and back so on until the end line.
2. Partner 1: wall sit
Partner 2: crunchies
Switch

Run/Walk the Track:

Run the straights of the track and run the corners. Go for a certain time period. No walking on the curves!!

Run/Sprint the Track: Have the track set up with cones on the straights about 40 yards apart

1. run one lap normal for warm up
2. run the track but do a sprint in between the cones
3. Do 5 of these run/sprint laps



When running the track you could also add:

- run stadium stairs mixed in with laps
- touch every stair (-every on way down always)
- touch every other stair
- triples??
- push ups, crunchies, stretching
- jump roping
- medicine balls

Student Assessment Form:

Student Name: _____

Period: _____ Date: _____

Class: _____

Skill Assessing: _____

Comments/Observations:



Circle Score: Grade:

A	A-	B	C	D	F
10	9	8	7	6	5 or lower



Jogging Warm Up Stretches:

1. heel forward., head to knee-switch sides
2. point and flex foot-switch sides
3. back leg go straight, lean on a wall, back heel down-switch sides
4. arm straight forward use opposite hand to pull arm across chest-switch sides
5. grab both hands behind back and lean forward
6. turn L. and be centered-put head to both knees
7. stand it up-still centered, hands behind back, pull forw. head to both knees
8. quad stretch legs-bend knee and grasp foot and pull-switch sides



Stable, could improve Needs Improvement

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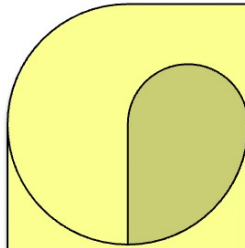
Alternate Ideas During Game Play:

-Dancing is a life-long activity.

-Keeping the body fit is a life-long activity.

-Jump roping is a life-long easy fitness activity to do yourself, almost anyplace, anywhere. Tuck a jump rope and even exercise while you travel

Alternate S



1. Ping Pong: If you can set up a table of your gym, this works great

2. 4-Square: It's easy to set up in the gym

3. Line Dancing-bring out students if you see them. Basketball game! If needed, make a poster of "Dance" folder in the "In" folder

4. Jump Roping: Bring out short ropes. You could put them from that unit in "Inside" jump until they miss and collect it down on a poster and then

5. Give them a boom box and have students do the

6. Or, off

What would you like to do in PE this year? Using this list **circle 10 activities you would like to do**. Of those 10, choose your favorite 5, and number them from 1-5, with 1 being the activity you would **most like to do** all the way to number 5.

- ___ 4-Square
- ___ aerobics/dance
- ___ archery
- ___ backpacking/camping skills
- ___ badminton
- ___ ballroom Dancing
- ___ basketball
- ___ body workouts (abdominal work, leg and arm work, stretches)
- ___ bicycling
- ___ bowling
- ___ Bucca Ball
- ___ canoeing/boating
- ___ combatives (Strength challenges)
- ___ Croquet
- ___ Dodgeball
- ___ fitness testing
- ___ fitness workouts (class would be a fitness center with choices)
- ___ jump roping
- ___ football
- ___ Frisbee Golf
- ___ golf
- ___ hacky sack
- ___ handball
- ___ hiking
- ___ hip hop dance
- ___ Any other suggestions

___ Karate/self-defense



___ line dancing

___ Nutrition lessons-diets, calories, fast food info, dangers of energy drinks, body fat %

___ obstacle courses

___ orienteering (compass/geocaching)

___ pickleball

___ ping pong

___ putt putt golf

___ relays

___ ropes course/trust building

___ Salsa Dancing

___ scooters

___ skating/roller blading

___ soccer

___ softball

___ Speedball

___ square dancing

___ around the gym

___ rotate through

___ step benching

___ Team Handball

___ up like a sports

___ ultimate Frisbee

___ Zumba

___ horseshoes

___ yoga

Health Education Today

Deal a Healthy Heart

Ace: runs 1 lap

King: 25 jumping jacks

Queen: crab walk (to a certain mark you determine)

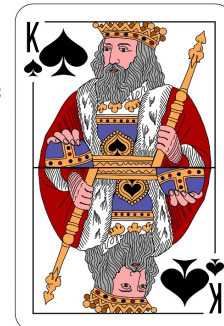
Jack: 25 forward lunges

Diamond: That # of push-ups

Heart: 2 sets of that # of side-to-side jumps

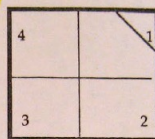
Club: That # of high knees

Spade: that # of sprints!



FOUR SQUARE RULES:

1. Server stands in the #1 square. Server calls any special game.
2. Players waiting stand by the #4 square. The first person in line is the judge. (If there is an argument and the judge didn't see it clearly, **RE-SERVE**.)
3. Server must have 1 foot in diagonal corner when serving. All other times his foot does not have to stay in corner.
4. To serve, drop the ball and hit with an open hand, fingers pointing down. **Serve must be returnable.**
5. The ball does not have to bounce before being hit, but if it does bounce, it may only bounce once.
6. Lines are good!!!
7. No catching or carrying
8. When you miss, go to end of line and next person waiting comes into #4 square.
9. Ball must be hit with an open hand with fingers either up or down-no fists. Using 1 hand is fine.



Offer active alternatives for students who don't want to play in games!

Learning Target Posters Included:



Free Updates! Just re-download.

Thank you for previewing:

This Program's Creator is a
Qualified Teacher

◆ I am a National Board Certified Teacher
with a Masters of Education Degree and I
have experience teaching Elementary, Jr. High,
and High School P.E.; and High School Health.

Experience
is the best
teacher!



Works Cited:

About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>
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Graphics:

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