**NAME OF LESSON**: Flag Football

**Grade Level:** 9/10

**Subject Area**: PE/Health

**Content Standards:**

STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

STATE GOAL 21: Develop team-building skills by working with others through physical activity.

**Students will understand that…**

Difference between offense/defense

Difference positions and responsibilities of each

Strategies for defense/offense/routes

**Essential Questions:**

Am I able to label the positions learned in class?

Do I play within the rules of flag football, demonstrate cooperation and practice safety?

What flag football position fits you and why?

What is the advantage of a passing play versus a running play?

Is zone or person to person a better strategy?

Why is it important to exhibit socially acceptable behavior and exhibit sportsmanship when participating in flag football?

**Performance Tasks:**

How do the students prove they understand the concept(s)?

Run specific routes

Run specific plays

Students develop their own plays

**Other evidence and formative assessment**:

Daily performance observations

Students will develop plays within their teams

End of unit skills and/or written tests

**RUBRIC:**

**FLAG FOOTBALL RUBRIC**

**PERFORMANCE TASK:** The student will actively participate during the entire Flag Football unit. Assessment is based on active participation and application of the rules, strategy, social responsibility, and skills.

**RULES**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | 3 | 2 | 1 |
| **Consistently demonstrates** knowledge of the rules during games and drills. Demonstrates an understanding of the general terms of the game. | **Usually** plays by the rules of the game. Sometimes has difficulty with certain rules. | **Sometimes** follows the rules but needs several reminders during game play. | **Rarely** follows the rules and doesn’t attempt to follow them or learn them. |

**STRATEGY**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | 3 | 2 | 1 |
| **Consistently** demonstrates strategy on both offense and defense. Plays the game in proper position on offense and defense. | **Usually demonstrates** strategy on both offense and defense. Plays in a strategic way through most of the period. | **Sometimes demonstrates** strategy on both offense and defense. Plays in a strategic way sometimes. | **Rarely demonstrates** strategy on offense and defense during game play. Goes through the motions but doesn’t apply strategy most of the times.  |

**SOCIAL RESPONSIBILITY**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | 3 | 2 | 1 |
| **Participates during class with a high amount of energy**! Demonstrates good sportsmanship at all times. Is never unprepared. | **Participates during class with a good amount of energy**! **Usually demonstrates** good sportsmanship during class. May have been unprepared once. | **Participates during class with a moderate amount of energy**! **Sometimes** **demonstrates** good sportsmanship during class. May have been unprepared twice. | **Does not put forth a lot of effort**. Is on the field but rarely participates. **Does not demonstrate** good sportsmanship. Has been unprepared more than twice. |

**SKILL**

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | 3 | 2 | 1 |
| Consistently demonstrates a **high level** of skill in flag football on both offense and defense. Can **perform all 8 individual skills** that apply to the game of flag football learned in class. | Demonstrates an **average level** of skill in flag football on both offense and defense. Can **perform 6 out of the 8 individual skills** that apply to the game of flag football learned in class. | Demonstrates a **moderate level** of skill in flag football on both offense and defense. Can **perform 5 out of the 8 individual skills** that apply to the game of flag football learned in class.  | Demonstrates a **low level** of skill in flag football on both offense and defense. Can **perform 3 out of the 8 individual skills** that apply to the game of flag football learned in class. |

**Required Skills**

**Center Short Snap / QB Cadence / QB Handoff Exchange / RB Stance / RB Handoff Position / Center Long Snap / Punting / Kickoff**

**Scoring:**

**16=25 15=24 14=23 13=22 12=21 11=20 10=19 9=18 8=17 7=16 6=15 5=14 4=13**

**Learning Plan:**

1.Passing/Receiving: students get into lines, first person runs out, next person in line snaps the ball, they pass to first person that runs out. Vary by including safetys, guards, two receivers, crossing patterns, etc.

2. Students get into “teams”. Teacher writes out plays on dry erase board. Each team gets 30 seconds to look at play. Team must line up correctly and execute the play correctly, including completing the pass.

3. Students must make up their own team name, 3 offensive plays with all players and routes labeled, and 1 “vanilla” defensive line up

4. Razzle Dazzle Football- lead up game

5. Superbowl: Teams play against each other to determine standings in each class.

**Lesson Contributors:**

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