**Indian Land High School**

**Physical Education/Health**

**Lesson Plan**

|  |
| --- |
| **Grade Span/Level:**  **Time Frame:****1st Unit:** **Football** **Activity:** **Throwing, catching, pass patterns, and guarding.. Objective:** **The student will be able to demonstrate the ability to perform footballl skills as it relates throwing, catching, pass patterns, guarding, teamwork, sportsmanship, and cooperation.**  |
| Physical Fitness Goals**:** **Throwing/Catching and eye-hand coordination. Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, coordination, balance, speed, power, agility, and reaction time.**Fitness Gram: **Yes [x]  No [ ]**  | **PE** **Standards Addressed:** **1-6****Health Standards Addressed:**  |
| Equipment Needed: Footballs, cones, vests.. |  Space Requirements: Football field. |
| Essential Skills: Basic strategies and tactics of the gameSkills: throwing, catching, pass patterns, and guarding.Development of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, balance, coordination, agillity, power, speed, reaction time, cooperation, teamwork, sportsmanship.. Essential Content Knowledge: Rules of etiquette, safety, and game play. Basic strategies and tactics of the game. Knowledge of throwing, catching, pass patterns, guarding, weight transfer, force, angles, contact point, and trajectory. Terms:kick-off, offense, defense, special teams, line-of-scrimmage, down and distance, run, pass, punt, place kick, completion, incompletion, interception, safety, 6 points=touchdown, 1/2 point(s) after touchdown, sideline, endline, endzone, snap, fumble, huddle, off-sides, block, 2-hand touch (tackle), screen, guard, open, hand-off, fake, release, touchdown, cut, plant, alignment, stance, start, alignment, execution, center, quarterback, receiver, defensive back, football, field, goal post/uprights, ready position.  |
| **Activity** | **Description/Process** | **Time** |
| Warm-up | **Dynamic-Jog/sprint, line jumps, shuttle run, push-ups, sit-ups, squats, high knees, a-skip, power skip, bounding, speed rope.** | **5 minutes.** |
| Teacher Demonstration | **The teacher will demonstrate the following: First Day-Background history/rules (Power Point, Visual Aid, Study Guide)-Student Note-Take.****Grip, stance, throwing, catching, pass patterns, and guarding. Demonstration of safety and etiquette.** | **10 minutes** |
| Practice Activities | **Students will work:independently, with a partner, in groups of 5 (6 teams) and participate in football games: I Individual** **Self Throwing, Catching, and Tucking****Self Tuck and Agility (W and 4 Corner)**  **Partner** **Throw and catch (Chest Target, Side Target, Jump Ball, Quick Response)****Pass Patterns 1-9 (1-slant, 2-out, 3-curl, 4-corner, 5-dig, 6-comeback, 7-post, 8-fade, 0-fly)****Guarding (1v1)**  **Group of 4****Throw and Catch Passing Routes (1-9)** **Team****Modified Games-Teams will rotate clockwise and play 5-5 minute games.****Last Day-Written Test, Skills Test, and Round Robin Tournament (Regulation Games).****\*Punt, Pass, and Kick Challenge (Whole Class)\*** | **60 minutes** |
| Cool-Down | **Static-Superman, standing hurdles, squatted butterflies, sit and reach, trunk lift.** | **5 minutes.** |
| Monitor and Feedback (Formative Assessments)  | **The teacher will walk around the peripheral area giving specific feedback (ex. making positive comments regarding good effort, attitude, teamwork, good communication skills, and fair play. Teacher Observation, Peer Observation, Skills Test (0-4 Rubric), and Written Test (10 T/F Questions).**  | **Throughout the lesson.** |
| Special Needs/Modifications | **Peer buddies, extended time, preferential spacing, colored equipment, smaller equipment, smaller groups, equal groups based on personalities/ethnicity/gender/ability, music-hip hop.** | **N/A** |
| Integration Elements: | **Literacy Skills:** **Reading and comprehension, interpreting textual information.****Math Skills:** **Counting, angles, geometry, measurement.****Lifetime Appreciation:** **Teamwork, sportsmanship, cooperation, improvement of fitness level, recreational activity, social interaction, family/church/local league participation.** **Health:**  |