

CHAD MASSIE

TEAM SPORTS / FRESHMAN UNIT LESSON PLAN

UNIT Flag football

TOPIC General knowledge and rules

Objectives:

Students will learn:

- 1 general knowledge
- 2 basic rules
- 3 terms

Activities:

Discuss rules

Play a game

Materials:

Footballs

Flags and belts

Checks for understanding:

Question and observe students

State Standards:

A12.1 B12.1 B12.2 D12.1-4 F12.1-7 G12.1-5

TOPIC Game Play

Objectives:

Students will play a game using rules and skills learned thus far

Activities:

Play a game – Switch positions after each touchdown

Materials:

Football

Flags

Checks for understanding:

Question and observe students

TOPIC Passing, catching and punting

Objectives:

Students will learn correct passing, catching and punting

Activities:

Demonstrate grip on the football and passing form

Demonstrate catching and punting

Players will pass and catch with a partner

Players will punt with a partner

Materials:

Football

Checks for understanding:

Question and observe students

UNIT Flag football

TOPIC Ultimate Football

Objectives:

Students will learn to pass and catch by playing Ultimate Football

Activities:

Demonstrate and discuss the rules for Ultimate Football

Students will play Ultimate Football with teams of four or five

Materials:

Football

Checks for understanding:

Observe students and ask for questions

State Standards:

A12.1 B12.1 B12.2 D12.1-4 F12.1-7 G12.1-5