

Week 1

Massachusetts Performance Standards

The students will:

- 2.8- Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.
- 2.9- Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency.
- 2.14- Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance.
- ~~2.15- Demonstrate strategies for inclusion of all students in physical activity settings related to strength and speed~~

UNIT 1: FLAG FOOTBALL

- 1. Throwing the football.
- 2. Catching the football.

Objectives (Students will...)

- 1. Students will be able to throw a football, with proper mechanics, such that a stationary target is hit with 70% accuracy.
- 2. Students will be able to throw a football, with proper mechanics, such that a moving target is hit with 60% accuracy.
- 3. Students will be able to catch a football with 90% proficiency when they are stationary.
- 4. Students will be able to catch a football with 70% proficiency when they are moving.

Essential Question

How do you throw and catch a football in order to obtain and maintain a proficiency level that will translate into a high pressure/high skill situation, such as a game?

Mission and Expectations

- 1. Critical thinking skills.**
- 2. Problem solving skills.**
- 3. Motor development skills.**

Teacher Resources

- 1. Football Drill Book, by Doug Mallory.
- 2. Performance worksheet for throwing.
- 3. Performance worksheet for catching.

Media and Technology Resources

- 1. Video of professional athletes throwing and catching a football.
- 2. Video camera for assessing mechanical proficiency of students when throwing a football.

Evaluation/Activities		Lesson Completion Date:	
<p>Lecture/Demonstration: Each concept/topic will be introduced by the teacher using any resources that are available. Class work: To be done on each topic/concept as needed for understanding. Homework: To be given daily on each introduced topic as determined by the teacher. Review: All weekly concepts will be reviewed and connections to concepts should be made by the students. Quiz: Formal assessments will be given as warranted by the curriculum.</p>		<p>Technology Used/ Date Used:</p> <p>Completed By:</p> <p>Comments:</p>	
Week 2			
<i>Performance Standards</i>			
<i>The students will:</i>			
Unit/Topic/Lesson UNIT			
1.			
Objectives		Essential Question	
1.		Mission and Expectations	

<p style="text-align: center;">Teacher Resources</p> <p>1.</p>	<p style="text-align: center;">Media Resources</p> <p>1.</p>
<p style="text-align: center;">Evaluation/Activities</p> <p>Class work: To be done on each topic/concept as needed for understanding. Homework: To be given daily on each introduced topic as determined by the teacher. Review: All weekly concepts. Quiz: Assessments given as warranted by the curriculum.</p>	<p>Lesson Completion Date:</p> <p>Technology Used/ Date Used:</p> <p>Completed By:</p> <p>Comments:</p>