

Flag Football		Health & Fitness Academic Content	Motor Skills	Social/Emotional/Safety
	Essential Questions	What type of sports is this considered to be aerobic versus anaerobic?	What types of movement skills are needed in flag football?	What rules and sportsmanship protocols are needed?
	Content	<p>How does the F.I.T.T. principle fit into this sport as related to one's needed amount of physical activity?</p> <p>Students will demonstrate the skills & knowledge necessary to perform various tasks related to flag football.</p>	<p>Hiking, pass patterns, blocking, passing, throwing, catching, hand-offs, laterals, & rules.</p> <p>Strategies needed for football.</p> <p>Specialty plays in the game.</p>	<p>Is teamwork required in each activity?</p> <p>How does integrity, honesty, respect, compassion, empathy, and collaboration pertain to the activity your involved with?</p>
	Skills/Activities	<p>How do the training principles relate to this sport and your physical abilities in regards to:</p> <ol style="list-style-type: none"> 1. Overload 2. Specificity 3. Progression 4. Reversibility 5. Diminished Return 	<p>Station work to practice</p> <p>Warm-up time to work on specificity of skills</p> <p>Round Robin Tournaments</p> <p>Bracket Tournaments</p> <p>Skill Level Divisions</p>	<p>Problem solving skills will be worked on daily.</p>
	Assessment	<p>Self -Assessment</p> <p>Teacher Assessment</p>	<p>Teacher Observation</p> <p>Playing Performances</p> <p>Student Self-Assessment</p> <p>Self-Assessment final on written rules and guidelines for each sport played in class</p>	<p>Teacher Observation</p> <p>Student Self-Assessment.</p> <p>Self-Assessment on sportsmanship in class</p>

	Standards	2.1 2.2 2.3 2.4	2.1 2.4	5.1 5.2 5.3 4.1 4.2 4.3 4.4
	Equipment/Resources	Internet use for understanding of sports. Use in the gym with the in-focus machine.	Sports specific balls, jerseys, cones, nets, standards and goals needed. Also, painter tapes for extra lines needed	Sounds system for music or giving directions on a speaker. Music allows for a pleasant environment

