

Unit 04: Capture the Flag

Unit #:	APSDO-00026631	Duration:	5.0 Lesson(s)	Date(s)	
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Grade(s)
 5, 6, 7, 8

Subject(s)
 Wellness

Unit Focus

In this unit, students will continue to experience the game of Capture the Flag through a deliberate focus on teamwork, problem solving, fleeing, and dodging. Students will demonstrate improved performance by participating in large group games.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Physical Education: 8</i></p> <ul style="list-style-type: none"> Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same <i>H.13.1</i> Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills <i>H.9.2</i> Demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same <i>H.13.4</i> Demonstrate understanding of how 	<p>T1 (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p>T2 (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p> <p>T3 (T4) Identify a goal, determine an appropriate plan, evaluate its effectiveness and make appropriate adjustments.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p>U1 (U103) Moving away from a person/projectile requires fluent lateral and non-lateral movements.</p> <p>U2 (U104) Changing directions and speed requires understanding of balance and how it relates to movement.</p>	<p>Q1 (Q102) How do I move from one point to another?</p> <p>Q2 (Q103) How do I keep myself alive/open/active by moving?</p> <p>Q3 (Q104) How do I stay in control when I stop, start and change direction?</p>

<p>rules, and safety practices and procedures need to be adjusted for different movement situations <i>H.10.3</i></p> <ul style="list-style-type: none"> • Develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings <i>H.13.3</i> • Maintain and further develop the fundamental movement skills in open environments <i>H.9.1</i> • Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships <i>H.14.3</i> • Use self, peer, teacher and technological resources as tools to implement performance improvements in self and others <i>H.10.2</i> 	<p>U3 (U105) The way you jump and land is driven by the task at hand.</p> <p>U4 (U108) Demonstrating proper technique (body position, correct movements) creates a predictable outcome.</p>	
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
		<p>S1</p> <p>Gr 5-8: Demonstrate proper tagging technique by tagging on the back or shoulder safely</p> <p>S2</p> <p>Gr 5-8: Demonstrate changing of direction quickly to avoid getting tagged</p> <p>S3</p> <p>Gr 5-8: Demonstrate the ability to move through the space of the game strategically during game play</p>