

Unit 05: Football

Unit #:	APSDO-00026633	Duration:	5.0 Day(s)	Date(s)	
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Team:
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Grade(s)
 5, 6, 7, 8

Subject(s)
 Wellness

Unit Focus

In this unit, students will experience football through a deliberate focus on throwing, catching, and moving to open space. Students will demonstrate improved performance by participating in modified football type 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"> 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 rules, and safety practices and procedures need to be adjusted for different movement situations <i>H.10.3</i> Develop and demonstrate initiative in implementing strategies for including all 	<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 (U101) Knowing where your body is located in space keeps you moving where you want to go.</p> <p>U2 (U103) Moving away from a person/projectile requires fluent lateral and non-lateral movements.</p>	<p>Q1 (Q101) How do I use my body to move around the ____ (field, gym, dance floor)? How do I stay aware of where everyone else is?</p> <p>Q2 (Q103) How do I keep myself alive/open/active by moving?</p>

<p>persons, despite individual differences, in physical activity settings <i>H.13.3</i></p> <ul style="list-style-type: none"> • Maintain and further develop the fundamental movement skills in open environments <i>H.9.1</i> • Persist in practicing activities to increase specific skill competence in areas of interest <i>H.14.5</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 (U104) Changing directions and speed requires understanding of balance and how it relates to movement.</p> <p>U4 (U106) Effective execution of kicks is determined by the amount of power and technique necessary to get the ball to its destination.</p> <p>U5 (U108) Demonstrating proper technique (body position, correct movements) creates a predictable outcome.</p>	<p>Q3 (Q104) How do I stay in control when I stop, start and change direction?</p> <p>Q4 (Q106) How do I kick the ball to get it where I want it to go?</p> <p>Q5 (Q108) How do I get the ball/object where I want it to go? How do I get ready to catch the ball?</p>
Acquisition of Knowledge and Skill		
Knowledge		Skill(s)
		<p>S1</p> <p>Gr 5-8: Demonstrate and apply proper positioning before and during the start of each play</p> <p>S2</p> <p>Gr 5-8: Utilize the procedures and minor safety precautions of flag football</p> <p>S3</p> <p>Gr 5-8: Use basic terminology associated with flag football</p> <p>S4</p> <p>Gr 5-8: Apply and understand the connection and purposes of movement and the effects of fitness</p> <p>S5</p> <p>Gr 5-8: Demonstrate the movements associated with passing, catching, and kicking a football</p>