#### Lesson Plan

Lesson: 1/6	Year: 10 A	billity: Mixed	Gender: Female	Venue: Outdoors	Teacher: US	
Activity: Football Equipment: Bibs, Footballs, Cones						
Aspect: Passing	Key Words: Passing	t Short Long, In	isteg, Power, Direction.	Speed, Teamwork, C	Communication,	
Basic skills to be-	covered in this lesson:					
Liberacy =	Num	eracy ==	BCT		SMSC .	
Help Children Ad	ileve More reference in th	nis tensore:				
	Stay Safe III Be Hea					
Assessment: Per	r/Self/Teacher Assessmen	•		reding Expectations/ ing Expectation /Eme		
LEARNING OBJEC						
2. Moet: Student:	ill learn how to stop the bu will learn how to make sh will learn how to make ic	ort pass	earning how to make o	ntes using different	part of their foot.	
TASK TEACHING POINTS				ORGANISATION TIN		THE S
Introduction to	1. Outline objectives for	Outline objectives for the session.			designated 1	
lesson:	<ol><li>Lesson targeting FEE/EE/WE work, learning new skills, and linking them together in an effective performance.</li></ol>			area, specified by teacher.		
Warm Up / Stretches	Students split into 2 teams one team with the ball and the bib hanged from their shorts the other team tries to take either get the ball or the bib.     One person to do stretches			Designated area		9-
Stop the Ball	Students in pairs through or pass the ball to their partner and he/she tries to stop it with the foot. Use Inner Foot / Sole/ outer foot			k =	•	3-
Short Pass	3 teams of 8 split into 2 teams of 4 each perform short passes (4m-8m.) in each team the pass-receive is different.     3 Start to make aimed passes using square cones 2 x 2			/ -		S
Long Pass	Students perform long passes aiming to put the ball into a square box of 8 cones 1 x 1 and 2 x 2 (Fig. 3)			/ :	5	5
Passing Game	Students are in teams of 8 in a star shape (Fig. 4).  The one in the middle receive the ball from number 1 control turn and pass it to another teammate and run in the direction he passes, and number one take his place in the middle!  They try to pass to all the players.			- A	2°-	S
Football Game	Football match 8 Vs 8 for 2' each game     Every match one of the team is not playing sets 2 referees.			3 teams play 8 Vs8 7' each 25 match		E54
Pienary	Recap on the learning objectives.     Using peer assessment, each group to analyse what went well and how they could improve their tactics for the next game.			Sat in front of the whiteboard, teacher lead		

# **Flag Football Lesson Plans**

**Aeras Publishing, Carol Jahan** 

#### **Flag Football Lesson Plans:**

<u>Quality Lesson Plans for Secondary Physical Education</u> Dorothy Zakrajsek, Lois Carnes, Frank E. Pettigrew, 2003 Lesson plans for physical education including climbing walls lacross in line skating Includes 2 Copies of CD in Carousel 17 and 21

Complete Physical Education Plans for Grades 5 to 12 Isobel Kleinman, 2009 This popular book provides loads of teacher tested lesson plans and assessment tools that will decrease your preparation time and increase your students competency After listening to requests of the first edition s users the author has packed two more popular field sports and a unique chapter on educational gymnastics into this new edition of Complete Physical Education Plans for Grades 5 to 12 Lessons can cover beginner intermediate and advanced levels and break down each skill as it is introduced The chapters also integrate the applicable rules and strategies during the learning process and use methods that will keep students active learning successful and completely motivated In addition to the clear instruction for teaching skills rules and strategies each lesson generates opportunities for students to develop physical cognitive and social skills Each unit is designed to help students gain competency appropriate for their experience level Formerly published as Complete Physical Education Plans for Grades 7 to 12 the book features exciting new material Detailed introductions of skills and how to practice the mechanics of each skill or dance Three new chapters field hockey lacrosse and educational gymnastics the latter of which includes three units that can be used in teaching both gymnastics and creative dance Complete Physical Education Plans for Grades 5 to 12 provides field tested lesson plans for 484 classes covering 18 areas of fitness creative movement and dance and sports These professionally prepared plans will not only cut your own prep time but also help you focus on the essentials in each step of your students learning process It is a great resource when you need material for a substitute teacher or when you are asked to submit plans to your school administrator In addition to the lesson plans the book and CD ROM package contains a wealth of teaching and assessment tools including skills rubrics portfolio checklists unit fact sheets and guizzes The accompanying CD ROM enables you to print study sheets student extension projects portfolio checklists unit quizzes and answer keys You can also print out any page of the text from the CD ROM e g lessons full units tests Publisher's website **Physical** Education Lesson Plans for Classroom Teachers-Grades 4-6 Aeras Publishing, Carol Jahan, 2010-06-01 Lesson plan books for classroom teachers to be able to provide a whole year complete program of physical education for each grade level K 6 All activities are standard based and follow a sequence so classroom teachers can follow the progression without having to spend a lot of time trying to decide what to teach next Each game skill or fitness activity is labeled for its appropriate grade level and the standard it meets so the teacher is confident in providing a program his her students will enjoy It s all been done for the classroom teacher All he she has to do is follow the book In print book format and ebook format two editions are available K 3rd Grade and Grades 4 6 About the author Carol Jahan is a physical education specialist with over 20 years experience teaching this complete program of physical education for grades K 6 She has developed and taught

these programs and helps classroom teachers by providing lesson plans that are easy to follow and teach She has written these lesson plan books for classroom teachers to follow and also add their own activities through the school year to provide **Introduction to Teaching Physical Education** Jane M. a complete program of physical education for their grade level Shimon, 2025-04-11 The third edition of Introduction to Teaching Physical Education With HKPropel Access provides comprehensive exploration for students considering majoring or minoring in physical education The text offers the essential content that students need to build a strong base of instructional skills and an understanding of the physical education field and it does so in an engaging manner to motivate future educators This edition incorporates the revised SHAPE America national physical education standards and grade span learning indicators for grades pre K through 12 Other updates reflect the changing nature of education and physical education An increased focus on supporting social and emotional learning SEL in physical education Information about how culturally relevant instruction supports an equitable inclusive and respectful classroom Expanded Teachers Talking Teaching sidebars that offer tips from successful teachers based on current challenges and opportunities A new video interview with the 2023 National Elementary PE Teacher of the Year Randy Spring Additional material regarding technology use in physical education To enhance the learning experience prompts throughout the text direct students to related online materials Fifteen case studies new key term flash cards practical worksheets lesson plan templates discussion questions and reflective prompts serve as tools to facilitate a deeper understanding of the content In Introduction to Teaching Physical Education Third Edition aspiring PE teachers will thoroughly explore physical education topics from both theoretical and practical perspectives Part I outlines the history of physical education including the two main systems that served as the profession s foundation influential concepts and people and current national content standards It also discusses the purpose of physical education and highlights the many teaching and nonteaching duties of physical educators Part II presents the details for effective teaching of physical education including the steps to organizing and instructing in the gymnasium It also looks at motivational theories and how to prevent misbehavior and positively manage student behavior In part III students learn to plan quality lessons develop safe and successful lessons and use assessment and rubric design to determine whether outcomes or learning targets are achieved Part IV affords students insight into current technology issues that can be used to enhance physical education and it explores the career options available Introduction to Teaching Physical Education Third Edition will help students gain the knowledge and skills they need as they pursue their entry into the teaching profession providing them with a springboard to advance in their coursework This complete but concise text supplies the perfect introduction to the physical education field covering the essentials in an engaging and informative way as students learn to apply the principles of teaching physical education Note A code for accessing HKPropel is not included with this ebook but may be purchased separately **Fitness for Life** Guy C. Le Masurier, Charles B. Corbin, Meg Greiner, Dolly D. Lambdin, 2010 Fitness for Life Elementary School is an innovative

multimedia package that facilitates total school involvement by using physical education lessons classroom activities and discussions recess before and afterschool activities and even family nights to deliver appropriate physical activity as well as concepts to promote health related fitness and active lifestyles Effective Physical Education Content and Instruction Ward, Phillip, Lehwald, Harry, 2018 Effective Physical Education Content and Instruction offers evidence based teacher tested methods for teaching physical education A companion web resource houses printable content maps and other supplemental materials to enhance your teaching Dynamic Physical Education for Secondary School Students Timothy A. Brusseau, Heather Erwin, Paul W. Darst, Robert P. Pangrazi, 2024-02-29 Dynamic Physical Education for Secondary School Students DPE continues its legacy as the go to textbook for preparing future secondary physical educators Now in its 10th edition this trusted resource presents a standards based approach to teaching physical education DPE guides physical education teacher education PETE students through the process of creating a positive learning environment that is developmentally and culturally appropriate for all students and is designed to develop skills that promote physical activity outside of school and across the life span DPE is an ideal resource for preparing preservice physical educators to feel confident and effective in the class setting from day one It provides the foundational knowledge to teach quality physical education and complements that learning with a host of ready to use activities and lesson plans PETE students can use each lesson plan as is or build their own lesson plans from the provided activities The principles of DPE have been implemented and studied for more than five decades and have stood the test of time The text emphasizes skill development activity promotion and physical fitness behaviors that serve as the foundation of quality physical education programming and teaching The enhancements in this 10th edition continue to build on those pillars to put theory into practice Updates throughout the text stress the importance of culturally relevant pedagogy and curricula and emphasize social emotional learning QR codes link directly to complete units and lessons on the Dynamic PE ASAP website so readers can immediately see application of specific activities Activity chapters have been reorganized around game themes to better align with current curriculum approaches and new activities and games such as pickleball have been added This text will help current and future educators promote physical activity beyond the school day It offers a vast array of evidence based activities and instructional strategies that will help PETE students shape quality physical education programs employ successful teaching practices for secondary students administer a comprehensive school physical activity program CSPAP and offer activities that motivate students and improve their skill and competence Teaching tips also provide insights drawn from the real life experiences of teachers and teacher educators DPE continues to meet the needs of preservice and in service teachers in developing curricula that meet physical education standards DPE continues to be one of the most widely used and influential secondary physical education texts in the field It helps readers implement current best practices and equips students with the information they need to create engaging and meaningful PE programs Dynamic Physical Education for Secondary

School Students Heather Erwin, Timothy A. Brusseau (Jr.), Paul W. Darst, Robert P. Pangrazi, 2020-07-30 Dynamic Physical Education for Secondary School Students provides PETE students a solid conceptual foundation for creating healthy learning environments and quality physical education programs This resource offers a wide variety of units and activities that enhance **Teaching Sport Concepts and Skills** Stephen A. Mitchell, Judith L. Oslin, Linda L. Griffin, 2021 This edition of Teaching Sport Concepts and Skills A Tactical Games Approach adds four new chapters and has over 350 lesson plans to help teachers from elementary through secondary school learn the tactics and skills of various sports Video clips delivered on The Sixteenth Street Chronicles Jim Aziere, 2022-05-02 Here Missouri Hall of HKPropel show some lessons in action Famer and sports educator Jim Aziere has crafted a remarkable true story a classically American story about an essential part of his youthful struggles and our own featuring a one of a kind Kansas City parochial high school called De La Salle Academy that flourished in the years between wars 1941 1959 a time of great social strife in our city It s an eye opening tale of the seismic shifts in America in the 1960s about a unique group of Christian educators who managed to integrate a high school before Brown v Board of Education but could not keep the dream alive beyond Watergate You re sure to find Jim s story about his years at De La Salle where he was first a student and later faculty highly affecting and personal as he recounts his many life lessons survives a learning disability and uses athletic skill and determination to excel despite everything It s bound to touch and inspire anyone who s ever felt more at home on AstroTurf than in a classroom Michael Pritchett Author of The Melancholy Fate of Capt Lewis Unbridled Books

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