



FLAG FOOTBALL



Unit Objectives:

- 1. Students will become familiar with the rules and strategies of flag football.
- 2. Students will understand that flag football can increase cardiovascular fitness as well as muscular endurance.
- 3. Students will identify various football positions and understand the concepts of offense and defense.
- 4. Students will be able to problem solve and utilize a variety of plays to score points.

History:

- 1. Football began at Harvard University in 1871 and is a combination of two games, soccer and rugby!

Passing a Football:



Hold the football with a very tight grip with the fingers across the laces. Grip the football making a sort of "L" shape with your index finger and thumb. Step forward with the opposite foot and bring ball past the ear for best control and speed.

Rules:

- 1. Original flag football consists of 7 players; American Football consists of 11 players.
- 2. The offense is the team with the ball; the defense is the team defending their goal.
- 3. The game begins with a kick-off from the 20-yard line. The return team can catch and run the ball or the kicking team may recover the ball and the receiving team must start their plays from half's deemed position.
- 4. In flag football, the offense has four downs to cross mid-field and four more downs to score. However, in American football, the offense is only allowed four downs to travel ten yards before they are granted four more downs.
- 5. A fumble is a dropped ball. In flag football, a fumble is a dead ball and the opposing team gains possession. However, in American football, a fumble may be picked up by either team and played.
- 6. Either team is eligible to catch a pass. An interception is a pass that is caught by the defensive team.
- 7. Forward passes can be thrown from any point behind the line of scrimmage and lateral passes can be thrown anywhere on the field.
- 8. All players must have both flags on at the beginning of every play.
- 9. In flag football, the play stops when a flag is pulled from the player's belt. A runner may not slap or push a defender's hand away from his flag. Slap-swing is illegal.
- 10. On fourth down, the offensive team must notify the defense if they will punt (kick to the other team) or go for the first down/score. If they punt, the defense may send back two runners as the rest of the team is on the line of scrimmage (LOS) until the ball is punted.
- 11. In flag football, there must be a hand-off, pitch-out or pass on every play.
- 12. A 10 yard penalty results from holding onto the opposing team's jersey or clothing or body.
- 13. A 15 yard penalty results from an illegal block, unsportsmanlike conduct, or unnecessary roughness.
- 14. Other penalties can include either loss of yards or loss of downs.

Scoring:

- 1. Touchdown : 6 points (by running into the end zone)
- 2. Safety : 2 points (putting the flag of the offensive team while in their own end zone)
- 3. Two point conversion : 2 points; running the ball in after a touchdown
- 4. Extra point : 1 point; kicking the ball through the uprights after a TD
- 5. Field goal : 3 points; kicking the ball through the uprights; no TD

Basic Terminology:

- 1. Block: action by a player to ward off an opponent trying to get the player with the ball.
- 2. Defensive team: the team without the ball. Offensive team: the team with the ball.
- 3. Fly, hook, cut, slant, cut out, hook in, hitch, in, flag and goal: pass patterns.
- 4. Fumble: when a player who has the ball loses control of it, causing it to fall to the ground.
- 5. Hand off: a play where the ball is handed to another player who attempts to run for a gain.
- 6. Lateral pass: a play where the ball is thrown in an underhand manner to another player. It cannot be thrown forward, but is thrown to another player who is behind or to the side of the passer.

Flag Football Lesson Plans

Yicheng Fang



Flag Football Lesson Plans:

Quality Lesson Plans for Secondary Physical Education 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 quizzes 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 a complete program of physical education for their grade level

Introduction to Teaching Physical Education Jane M. 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 learning

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 HKPropel show some lessons in action

The Sixteenth Street Chronicles Jim Aziere, 2022-05-02 Here Missouri Hall of 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

Physical Education for Students With Autism Spectrum Disorders Michelle Grenier, 2013-10-15 Current estimates are that 1 out of 88 children will be diagnosed with some form of autism Planning a curriculum that includes all students including those with ASD can be a challenging task but well worth the effort This book identifies strategies that highlight students skills interests and abilities though collaborative practices environmental design and assistive technologies Physical Education for Students With Autism Spectrum Disorders A Comprehensive Approach introduces the inclusion spectrum as a tool to help teachers analyze appropriate instruction for students aligning abilities with curriculum and activity context provides information on tools such as scripts video modeling social stories and choice boards to assist teachers in developing programs presents a variety of activities that teachers can choose from to help students with ASD develop social and motor skills and assimilates best practices from general and adapted PE as well as autism training and research that offer solutions for increased student engagement in physical education Written by contributors with extensive experience in developing inclusive programming for students with ASD Physical Education for Students With Autism Spectrum Disorders A Comprehensive Approach is ideal for physical education and adapted physical education courses across the K 12 curriculum Part I provides an understanding of students with ASD that offers insights from parents and teachers perspectives From there the authors examine the application of the inclusion spectrum that helps teachers plan for appropriate instruction Readers will also find communication and social learning tools

they can use to minimize the stress students may experience while optimizing learning experiences Assessment protocols assist with the development of relevant IEP goals and objectives Part II contains individualized and group games and activities that enhance lifelong learning for students with ASD Physical Education for Students With Autism Spectrum Disorders A Comprehensive Approach is a practical resource that helps teachers design optimal plans for including students with ASD in general and adapted physical education classes The manual contains numerous strategies tools and resources that assist teachers with individualizing instruction in ways that foster positive peer relationships as well as development of social and motor skills It s a win win situation for all teachers parents and most of all the students Homeschool Your Child for Free LauraMaery Gold,Joan M. Zielinski,2009-08-04 Provide a solid education at home without breaking the bank Introduced in 2000 Homeschool Your Child for Free gave countless parents the plan and peace of mind to get their kids education on the right track Now authors LauraMaery Gold and Joan M Zielinski have revised and updated their popular guide offering their expert homeschooling advice and information plus new tools and resources to help you and your child succeed Complete curriculum plans for a comprehensive education from preschool through high school Where to find free online courses NEW Ways to partner with public schools NEW Legal guidelines and compliance requirements for home educators Keys to graduating a homeschooler NEW Developing personal finance management and life skills NEW Teaching tips and motivators from successful homeschoolers Career and vocational guidance NEW And so much more Comprehensive and clear Homeschool Your Child for Free gives you access to free instructional material from reading readiness activities for preschoolers to science projects for teens to help build a strong foundation that will last into adulthood You don t need to drain your bank account to guarantee a good education for your child With a computer and the Internet you have the largest library and laboratory right at your fingertips all for free Middle School Journal ,1990 *Sports for All* Kristine Setting Clark,2019-08-30 The Department of Sports and Athletics should be committed to providing a Sports For All Intramural Sports Program The mission of Sports For All is to create added experiences for the school s growth and development by encouraging involvement in the present which will enrich and challenge the future Competitive and recreational athletics are an integral part of the educational process and experience Students should have the opportunity to participate and compete as appropriate to their interest and skill Intramurals provide a co curricular value by contributing to overall community satisfaction involvement and learning within a diverse setting improving student recruitment and retention by adding to the quality of community life and creating a venue for social interaction integration and leadership activities which positively affect spirit mind and body As physical educators we value the lessons that have long been taught by athletic participation the pursuit of excellence through personal development and teamwork ethical and responsible behavior on the field and off adherence to the spirit of rules as well as to their letter leadership and strength of character and sportsmanship including respect for one s opponents acceptance of victory with humility and acknowledgement of defeat with grace In teaching these

lessons to students the Sports For All program will instill habits that will lead students to better and healthier lives While winning is not an end in itself we believe that the efforts by our intramural and intermural teams to be their best will lead them to success Athletic participation is a way for students to grow and learn and to use and develop their personal physical and intellectual skills The entire Physical Education and Athletic Departments including coaches medical and training staff facilities and equipment personnel and administrators would work to achieve these goals honor the values of the school and support the principles of the Sports For All intramural program Physical educators believe that a comprehensive athletic program provides physical social and emotional benefits that are vitally important in a highly competitive educational environment Competition in itself is a dynamic that plays a vital role in life and is imperative to success Since the number of students who can compete at the athletic team level is limited each school should develop an extensive intramural sports program Let Sports For All be that program

Sport Education Peter Hastie, 2011-09-08 Sport Education International Perspectives presents a series of studies of the innovative pedagogical model that has taken the physical education world by storm Since the emergence of the Sport Education model in the mid 1990s it has been adopted and adapted in physical education programs around the world and a new research literature has followed in its wake With contributions from leading international scholars and practitioners from the US Europe and Asia this book offers a more thoughtful and critical set of perspectives on Sport Education than any other It is essential reading for any student pre service teacher classroom teacher or university instructor working in SE PE youth sport sports coaching or related disciplines

Dynamic Physical Education for Elementary School Children Robert P. Pangrazi, Aaron Beighle, 2019 Dynamic Physical Education for Elementary School Children with more than one million copies sold returns stronger than ever in its 19th edition Preservice and in service elementary teachers will learn to deliver quality effective and student friendly physical education by introducing foundational skills sport skills and lifetime activities as well as helping children learn to have fun and be responsible in physical activity settings

Handbook of Pediatric Obesity Melinda S. Sothorn, Stewart T. Gordon, T. Kristian von Almen, 2016-04-19 A compilation of management medical nutrition psychological and physical activity facts models theories interventions and evaluation techniques the Handbook of Pediatric Obesity Clinical Management is the most clinically appropriate and scientifically supported source of information available for pediatric health care and research profess

Resources in Education , 1994

Starting an Elementary Physical Education Program William David Thomas, William M Thomas, 2008-04 When students have access to a great physical education program they tend to be happier be more socially adjusted and cause fewer discipline problems Starting an Elementary Physical Education Program guides educators through the process of implementing a program that provides each student with the opportunity to participate in a variety of sports and activities in a positive and safe environment William M Thomas has over thirty five years of experience teaching in a public school system five years of which were dedicated to building a successful elementary physical education program

Thomas not only shares a guideline of activities that helps students develop good sportsmanship he leads educators through the creative process of developing and beginning the program A scope and sequence is also included explaining what activities and competency levels children should be achieving in each grade By using this model a teacher is able to plan activities for the entire year Educators who have the desire to leave a lasting impression on all students will benefit from the step by step mentoring and guidance provided in Starting an Elementary Physical Education Program allowing every teacher and administrator to focus on what is most important helping students excel one child at a time

Obesity Judith S. Stern, Alexandra Kazaks, 2015-10-13 Obesity has reached epidemic proportions in countries like the United States This book provides a comprehensive summary of obesity in America and around the world discussing the causes and proposing ways to help stem the tide and to help those who are overweight A highly useful and accessible resource for high school to undergraduate students as well as post graduate level readers with an interest in health and nutrition this updated second edition of Obesity A Reference Handbook offers up to date answers to essential questions about obesity and connected societal and health care related issues A single volume go to resource this book addresses difficult questions such as whether obesity is a disease or a moral failing what factors contribute to obesity what the economic impacts of obesity are on the health care industry if and how poverty is a contributor to obesity how our society encourages obesity and how changes can be made to improve our society s eating habits as a whole It presents citations from individuals and peer reviewed journals and review articles providing a balance of information sourced from both professionals and informed lay commentators Also included are dozens of biographies of individuals who have been important in studying preventing managing or increasing awareness about obesity such as Jared Fogle longtime Subway sandwiches spokesperson Kelly Brownell who coined the phrase toxic environment to describe unhealthy food and exercise patterns researcher Ethan Allen Sims who examined the relationship between obesity and diabetes and Oprah Winfrey well known celebrity who stated that if there were a pill to lose weight or a magic diet she would have it

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