

Date: 10/19/2021_

Lesson #: 1 of 1

Lesson Time: 50 minutes

Unit Topic: Football

Lesson Topic: Passing & catching, game play

of Students: more than 1

Grade: 3rd and 5th grade

Objectives & National Standards –

TYPE	OBJECTIVE	STANDARD(s)
Psychomotor	The student will be able to pass the football by facing their hip towards target, keeping ball by ear, and turning thumb towards ground when releasing during passing activities. The student will be able to catch the ball with diamond hands and pull it towards them during catching activities.	1
Cognitive	The student will understand the importance of proper hand placement on the football to pass to the partner during passing activities.	2
Affective	The student will show appropriate sportsmanship and effectively work together when playing a passing game.	4
Technology (if applicable)		

Equipment/Supplies:

12-15 Footballs (If different types provide options)

A lot of poly spots

A lot of cones

10 beanbags/other objects to give out for partner passing stations.

LESSON CONTENT & PROGRESSIONS	TEACHING CUES	TEACHING BY INVITATION & INTRA-TASK VARIATION	MANAGERIAL STRATEGIES	SAFETY	ASSESSMENT
<u>Instant Activity</u> 3 sets of each 15 seconds ~about 4 minutes - High knees - Butt (bottom) kickers - Hiking ball (center): Use imagination, grab ball and pretend you're throwing it through your legs, then take two steps forward - Pass ball: Use imagination	<u>High Knees:</u> -Knees hip level -pump arms <u>Bottom kickers:</u> -Heel taps bottom -Pump arms			-Make sure no one is in your personal space when doing the exercises	Students will be observed to see if they are completing the exercises with proper form

- Touchdown dance: ask kids how they would celebrate a touchdown.	<u>Hiking ball:</u> -Spread legs out -Forearms on thighs -bottom low <u>Pass ball:</u> -Hand by ear -Step with opposite foot -Throw ball <u>Kick ball:</u> -Three steps back -Run up -Kick ball				
<u>Set Induction</u> -Hello 3rd/5th grade! Today we will be working on our passing and catching skills. We just warmed up with our instant activity and now we are going to get into different football stations. Before we get into our stations, we need to go over the basics of passing and catching a football. Passing and catching is important in the game of football because that's how you move up the field! -To grip a football, we want our fingers over the laces of the football and our hand towards the back of the ball. -When we pass a football, we want our hip facing our target, keeping the ball by our ear, and turning our				-Students will be spread out on a line in their own space.	

thumb down to get a nice spiral on the ball. -When we catch a football, we want to make diamond hands and bring the ball into our chest.					
<u>Activity/Task</u> 6 minutes per station, one rotation There will be three stations set up. Students will be divided into groups and put at a station by being counted off into numbers. Each number will be told to go to their designated station. Students will rotate around to each station after the designated 5 minutes. There will be one of us at each station running the station. Each station has a focus of passing and catching a football. 3rd grade: 1.Partner Passing: Students will be placed into partners where they will just pass the ball back and forth during the duration of the station. Challenge: after 3 passes are caught, the group of 2 will get a bean bag/something fun to keep score. We will play for 2 minutes and complete several rounds. Whichever group has the most beanbags/objects wins at the end of the round. 2. Poly Spot Passing Students are partnered up randomly	Passing: -hip to target -ball to ear -thumb down Catching: -diamond hands -ball to chest Holding the ball: -back of the laces	1. (3rd grade) ITV: if the students are excelling have them take a step back, away from partner TBI: Choose either a foam football or gatorskin ball 1. (5th grade) ITV: Increase or decrease the size of the zone. Increase distance from poly spot from zone. TBI: Choose either a foam football or gatorskin ball 2. ITV: the pairs can stand farther back if they are successful at the starting range. TBI: Choose either a foam football or gatorskin ball. 3. ITV: move the poly spot farther back so the runner and passer have to catch/pass from a farther distance on the move. TBI: Choose either a foam football or gatorskin ball.	After the set induction and the students are lined up we can count them off and have them hold up what number they are. We will tell them where the 1’s, 2’s, and 3’s will meet after everyone is counted off. 1. Two end zone areas are set up so 2 groups can go at once.   2. For as many pairs as needed or have students in small groups with more poly spots for larger classes. X 0 0 0 Y 0 0 0 Z 0 0 0	-students will be placed into different stations and spaced out with partners in a safe spot. -If the ball goes into another group of students make sure they are aware you are getting the ball by saying “ball!”	-Students will be watched at each station and given corrective feedback when necessary based on that station’s activity.

And asked to pick between one of the types of footballs laid out. One student will start out as a passer (quarterback) and the other student will start as a catcher (receiver). Students will go to one of the 3 poly spots and try to make 3 successful catches. Students will switch positions after the 3 successful throws. 3. Passing to a moving target Students are partnered up. Both students start on one side. One student runs to the poly spot and the other student passes the ball to them to catch. The receiver then runs back to the passer. Switch the runner and passer after each pass 5th grade: 1. Offensive Drill Students will be placed into groups of 3. One student will start as quarterback, another will be the center, and the final student will be a receiver. In the area the students will try and score in the endzone area as many times as possible. The clock will run for 2 minutes. After the 2 minutes students will rotate positions and start again. 2. Perfect pass (see below) 3. Passing to a moving target			X= group/partners 1 Y= group/partners 2 Z=group/partners 3 0= poly spots 3. For as many pairs as needed, or groups of 3, set out stations for passing activity X 0 Y 0 Z 0 X, Y, Z: pairs/groups of students 0: Poly spot the student runs to		
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Students are partnered up. Both students start on one side. One student runs to the poly spot and the other student passes the ball to them to catch. The receiver then runs back to the passer. Switch the runner and passer after each pass					
<u>Transition</u> Freeze! When I say go, I need everyone to put their balls back by the start of the station, you have 5 seconds! 5,4,3,2,1! Now I need everyone to line up on this sideline and face towards our next activity. We will be playing a game called the perfect pass to end class today. Since we just worked on our passing and catching skills, it is now time to put a competition with the skills.					
<u>Activity/Task</u> 3rd grade: Perfect Pass 2 games Passing and catching game that has players teamed up and ready to work together to earn points. Begin by placing down several poly spots along the floor, the more the better. Next, make teams, 2 students per team, and have them line up behind cones in a relay-style setup. Give each team a football. When the game starts, the first person from each team runs to a poly spot on the floor and stands in	Passing Cues: Turn sideways to target. Step forward with the opposite foot. Thumbs down on release. Catching Cues: Face your target and show diamond hands. Catch with soft hands (catching the ball with receptive fingers).	TBI: Students may pick from a foam football or gatorskin ball. ITV: If students are having difficulty passing and/or catching, bring the poly spots closer to the start cones.	Orange Triangle: Cones Star: Students Thin Circle: Poly spots	Be aware of your space and environment when performing passing and catching. Wear a face mask during the lesson.	Informal: Visually assess students passing and catching the football during Perfect Pass activity. Did the students perform movements correctly using proper form and technique? Did the students apply the critical cues of passing and catching to Perfect Pass activity?

it, waiting to receive a pass from the second person in their teams' line.

A catch made with both feet standing on the poly spot indicates a completion. That player standing on the poly spot would then pick up the poly spot and bring it back to the cone in which they started.

(If the catch is NOT made, the poly spot does NOT return home = 0 points earned)

The partners then switch roles as the receiver becomes the passer, and the passer becomes the receiver.

The game continues like that.

The goal of the game is for teams to try and get the most points by collecting the most poly spots or try and beat their own best score each round.

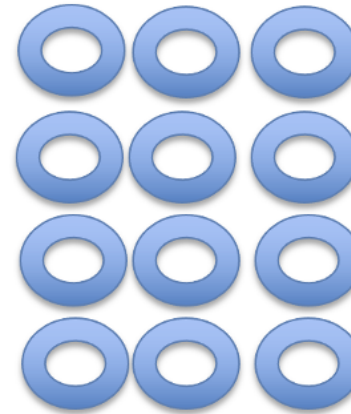
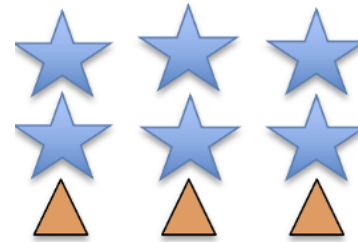
5th grade: Modified football game
2-3 game fields

5 minutes per game, 4 games

3-4 students per team

Students start the ball on the end zone line. The quarterback has to pass the ball to a receiver and if the ball is caught the receiver stops and that play is over. Where the ball is received that is where the next play starts. The offense has 4 plays to get the ball to the endzone and score.

Pull the ball to chest high and tight.



Blue area: end zones



When the offense scores the other team then starts the ball at their end zone line.					
<u>Transition</u> Freeze! When I say go, I need everyone to quickly help set back up the perfect pass game and place your footballs back at the cones. Now everyone can meet me over here on the line for our closure.					
Closure - How was your team successful in scoring during football ultimate? - Who wants to come up and show us how to pass the football? - Who wants to come up and show us how to catch the football?	-communication, passing, catching, etc.				