**PHYSICAL EDUCATION**

**12th GRADE SPORT ELECTIVE**

**Unit 2: Football**

**Day 1 –** Warm up: Football Form Runs & Stretch

History/Origin of Football – will be on quiz at the end of the unit

Teach Skill: Throwing & Catching

Skill Explanation/Demonstration

Partner Pass & Catch – Gradually increasing distance

Ultimate Football Game

Closure

**Day 2 –** Warm up: Football Form Runs & Stretch

Review: History

Teach Skill: Running Routes

Skill Explanation/Demonstration

Passing Routes – 4 routes

3-person route running drill

Ultimate Football Game

Closure

**Day 3 –** Warm up: Football Form Runs & Stretch

Review: 4 Passing Routes

Teach Skill: Defensive Technique

Skill Explanation/Demonstration

Defending the Receiver

3-person route running drill with defense

Modified 3 v 3 touch football game

Closure

**Day 4** – Warm Up: Football Form Runs & Stretch

Review: Defensive Technique

Teach Skill: Hand Offs

Skill Explanation/Demonstration

Hand off Drill

Modified 4 v 4 touch football game

Closure

**Day 5** – Warm Up: Football Form Runs & Stretch

Review: Hand Offs

Teach Skill: Blocking

Skill Explanation/Demonstration

4 Man Blocking Drill

Modified 5 v 5 touch football game

Closure

**Day 6** – Warm Up: Football Form Runs & Stretch

Divide Class into Permanent Teams for Flag Football Tournament

Explain/Demonstrate: Flag Football Belt Usage

Teach: Flag Football Game Rules

Start Flag Football Tournament – 1 game

Closure

**Day 7** – Warm Up: Football Form Runs & Stretch

Flag Football Tournament Play – 2 Games

Closure

**Day 8** – Warm Up: Football Form Runs & Stretch

Flag Football Tournament Play – 2 Games

Closure

**Day 9** – Warm Up: Football Form Runs & Stretch

Flag Football Tournament Play – 2 Games

Closure

**Day 10** – Warm Up: Football Form Runs & Stretch

Flag Football Tournament Playoffs

Closure

**Day 11** – Warm Up: Football Form Runs & Stretch

Tournament Championship

Closure

**Day 12** – Review for Football Quiz

Administer Football Quiz

Closure