**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